

BACK TO BASICS

Adult Blood Pressure Measurement

WHY

- Accurate blood pressure measurement is key to identifying and managing health conditions
- Inaccurate blood pressure measurement can lead to inappropriate management and treatment
- Timely treatment of abnormal blood pressures can prevent significant morbidity or mortality



HOW

- Select the correct blood pressure cuff size
- Follow the manufacturer's instructions for fit and placement
- Adhere to suggested practice recommendations, including measuring the limb circumference
- Use the same arm, same cuff, and same position
- Have patient remain seated quietly for 5-10 mins with back supported
- Keep the arm at the level of the heart and legs uncrossed
- Repeat abnormal blood pressure

COMMUNICATION

- Share any abnormal blood pressures with the patient
- Notify health care provider according to clinical care guidelines
- Document blood pressure measurement, position, provider notification, and interventions

ADDITIONAL CONSIDERATIONS

- Do not measure blood pressure in limbs with an IV, shunt, or that have been injured