Blood pressure measurement: Measure accurately

**Screening for high blood pressure**
- Use a validated, automated device to measure BP
- Use the correct cuff size on a bare arm
- Ensure the patient is positioned correctly

If initial blood pressure is \( \geq 140/90 \) mm Hg, obtain a confirmatory measurement
- Repeat above steps
- Ensure the patient has an empty bladder
- Ensure the patient has rested quietly for at least five minutes
- Obtain the average of at least three BP measurements

**Evidenced-based tips for correct positioning**
- Ensure the patient is seated comfortably with:
  1. Back supported
  2. Legs uncrossed with feet flat on the floor/ supported with a stool
  3. Arm supported with the BP cuff at heart level
- Remain quiet: No one should be talking during the measurement