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

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