BP Measurement Checklist

Measure blood pressure of all adults $\geq 18$ years

- No talking during and between measurements
- Cuff at heart level
- Use correct cuff size* and positioning
- Record exact reading from digital device. Don’t round.
- Back supported
- Arm supported
- Legs uncrossed and feet supported

Avoid exercise, tea/coffee, smoking in the last 30 min.
Patient should rest comfortably and quietly for 5 min before the reading.

* Cuff sizing and use for accurate readings
1. Ideal cuff bladder length is at least 80% of the patient’s arm circumference.
2. Cuff width should cover at least 40% of the patient’s upper arm.
3. Ensure cuff is on bare arm or over thin layer of clothing. Avoid bunching of clothes under cuff.
4. Empty bladder before each reading.