

BP Measurement Checklist

Measure blood pressure of all adults ≥ 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.

