

BP Measurement Checklist

Measure blood pressure of all adults ≥ 18 years.

No talking during and between measurements

Back supported

Cuff at heart level

Use correct cuff size and positioning.

Arm supported

Small

Medium

Large

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.

Record exact reading from digital device. Don't round.

Legs uncrossed and feet supported

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