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Ohio Cardiovascular Health Collaborative

Accurate Blood Pressure Measurement - Office

Jackson T. Wright Jr., MD, PhD

Emeritus Professor

Case Western Reserve University School of Medicine
Co-Lead Team Best Practices, Cardi-OH

Shari Bolen, MD, MPH

Associate Professor of Medicine

Case Western Reserve University
Co-PI, Cardi-OH

Topics Covered

Accurate office measurement of blood pressure



In partnership with



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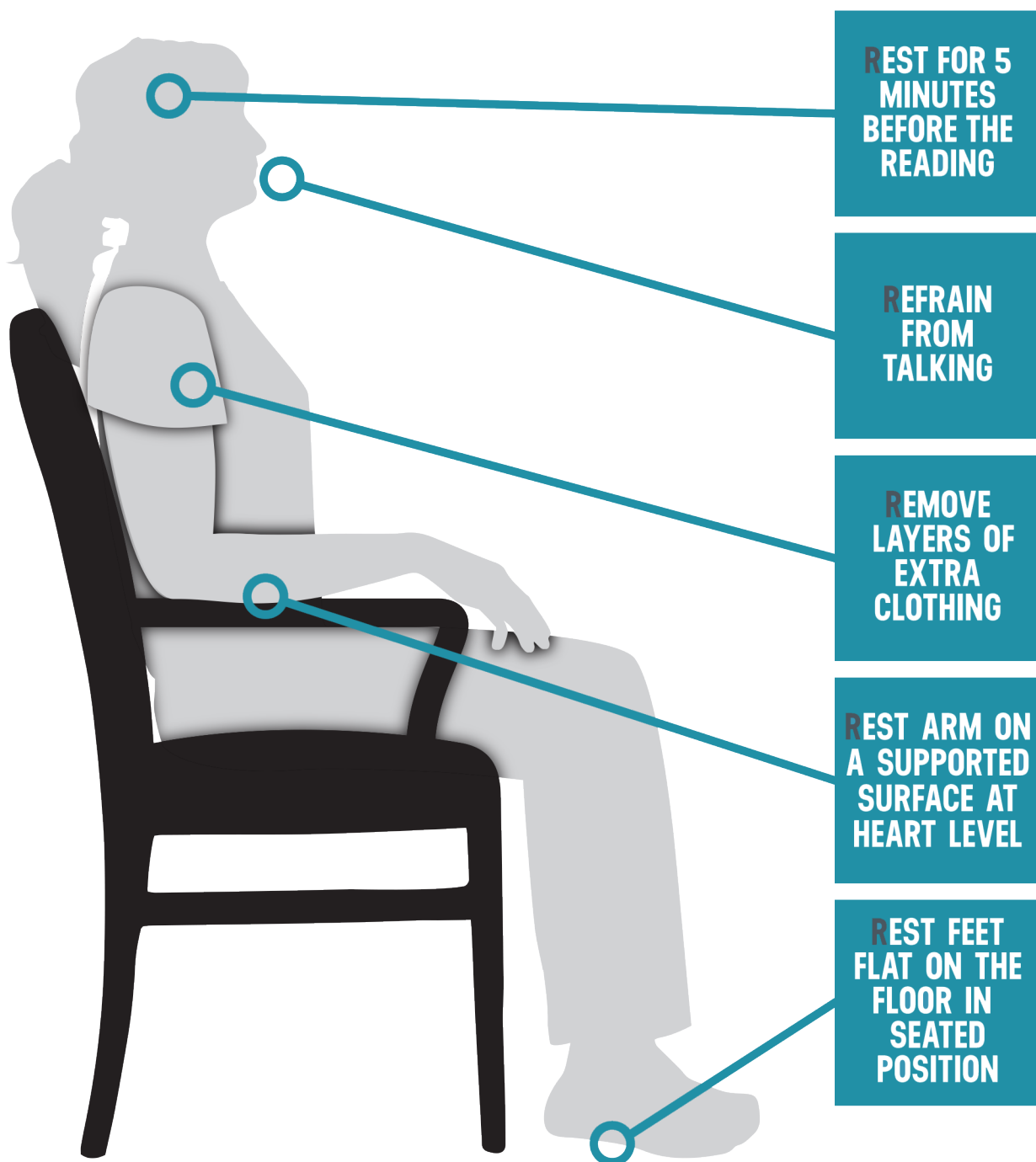
Checklist for Accurate Measurement of BP

Key Steps for Proper BP Measurements	Specific Instructions <i>"BP" = Blood Pressure, "DBP" = Diastolic Blood Pressure, "SBP" = Systolic Blood Pressure</i>
Step 1: Properly prepare the patient	<ol style="list-style-type: none"> 1. Have the patient relax, sitting in a chair (feet on floor, back supported) for > 5 minutes. 2. The patient should avoid caffeine, exercise, and smoking for at least 30 minutes before measurement 3. Ensure the patient has emptied his/her bladder. 4. Neither the patient nor the observer should talk during the rest period or during the measurement. 5. Remove all clothing covering the location of the cuff placement. 6. Measurements made while the patient is sitting or lying on an examining table do not fulfill these criteria.
Step 2: Use proper technique for BP measurements	<ol style="list-style-type: none"> 1. Use a BP measurement device that has been validated, and ensure that the device is calibrated periodically. 2. Support the patient's arm (e.g. resting on a desk). 3. Position the middle of the cuff on the patient's upper arm at the level of the right atrium (the midpoint of the sternum). 4. Use the correct cuff size, such that the bladder encircles 80% of the arm, and note if a larger- or smaller-than-normal cuff size is used. 5. Either the stethoscope diaphragm or bell may be used for auscultatory readings.
Step 3: Take the proper measurements needed for diagnosis and treatment of elevated BP/hypertension	<ol style="list-style-type: none"> 1. At the first visit, record BP in both arms. Use the arm that gives the higher reading for subsequent readings. 2. Separate repeated measurements by 1-2 minutes. 3. For auscultatory determinations, use a palpated estimate of radial pulse obliteration pressure to estimate SBP. Inflate the cuff 20-30 mm Hg above this level for an auscultatory determination of the BP level. 4. For auscultatory readings, deflate the cuff pressure 2 mm Hg per second, and listen for Korotkoff sounds.
Step 4: Properly document accurate BP readings	<ol style="list-style-type: none"> 1. Record SBP and DBP. If using the auscultatory technique, record SBP and DBP as onset of first Korotkoff sound and disappearance of all Korotkoff sounds, respectively, using the nearest even number. 2. Note the time of most recent BP medication taken before measurements.
Step 5: Average the readings	Use an average of ≥ 2 readings obtained on ≥ 2 occasions to estimate the individual's level of BP.
Step 6: Provide BP readings to patient	Provide patients the SBP/DBP readings both verbally and in writing.

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Accurate Blood Pressure Readings

THE 5 R'S



TAKE 2 BLOOD PRESSURE READINGS 1 MINUTE APART

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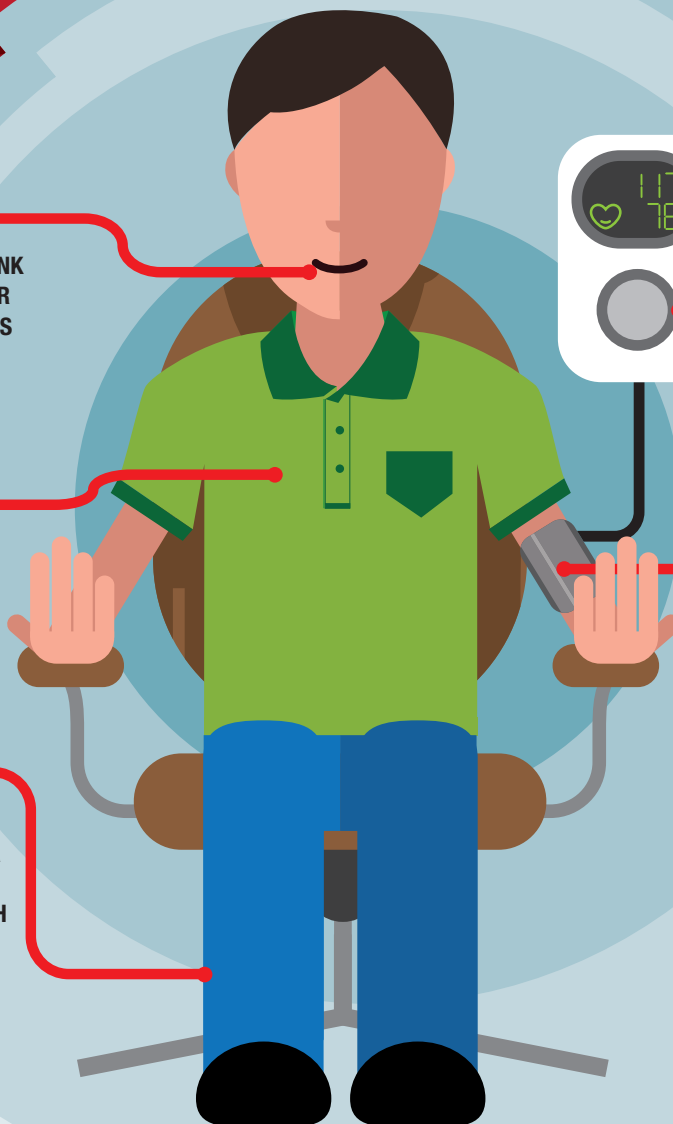


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BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

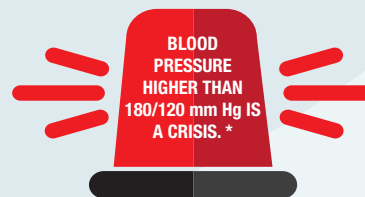
USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

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