

# 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

