

TIPS for accurately measuring blood pressure

Inaccurate blood pressure measurements can result from patient positioning errors. The following evidence-based tips can help ensure accurate blood pressure readings and improve patient care.

- 1 Ask the patient if they need to empty their bladder.
- 2 Let the patient relax for a minimum of five minutes before taking blood pressure measurements. Don't have a conversation as talking or active listening can increase the reading.
- 3 Place the correct size cuff on a bare arm.
- 4 Make certain the patient's arm is supported (at heart level) on a level surface. Legs should be uncrossed and back supported.
- 5 If initial blood pressure is elevated, 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.

Accurate blood pressure measurement is a HEDIS measure and ensures quality patient care!

This health alert is brought to you by:



Sources: American Heart Association; American Medical Association.

These items are provided solely for informational purposes and are not intended as a substitute for consultation with a medical professional. Patients with any specific questions about the items on this list or their individual health should consult their physician.

