

Blood Pressure Measurement



Proper Patient Positioning for Blood Pressure Accuracy

- Have the **patient sit quietly for five minutes** before taking blood pressure.
- Place the cuff on a **bare arm**.
- Use the **proper size cuff**. If two cuff sizes fit, use the larger one.
- Place the artery marker over the **brachial artery**.
- Apply the cuff carefully, allowing room for no more and no fewer than **two fingers underneath**.



- Make sure the patient's **back is supported and relaxed**.
- Make sure the patient's **feet are supported and legs are uncrossed**.
- Ask the patient to **keep the arm still and not talk during the measurement**.
- Keep the **upper arm supported, relaxed and at heart level**.
- Ask patient to **empty bladder** prior to blood pressure measurement.
- Measure blood pressure up to three times at one minute intervals **if needed to reduce white coat syndrome**.

