



## Accurate Blood Pressure Tips

- Use the proper size cuff; if two cuff sizes fit, use the larger one.
- Place the cuff on a bare arm.
- Place the artery marker over the brachial artery.
- Apply the cuff snugly, allowing room for no more than two fingers underneath.
- Have the patient sit quietly for a few minutes.
- Do not talk to the patient while taking a blood pressure.
- Support the patient's back and feet; keep legs uncrossed.
- Keep the upper arm at heart level with the lower arm passively supported, i.e. resting on lap.
- Keep the arm still during the measurement cycle.

## Blood Pressure Variability

The following activities affect a blood pressure reading.

<u>Activity</u>	<u>Systolic (mmHg)</u>
Cuff too small <sup>2,4,6,7,8,10,12,14,16,18,19</sup>	10 to 40 ↑
Cuff over clothing <sup>10,16,18</sup>	10 to 40 ↑ or ↓
Back/feet unsupported <sup>3,18</sup>	5 to 15 ↑
Legs crossed <sup>1,5,9,16,17,18</sup>	5 to 8 ↑
Not resting 3 to 5 minutes <sup>2,10,16,18,19,20</sup>	10 to 20 ↑
Patient talking <sup>2,10,11,16,17,18</sup>	10 to 15 ↑
Labored breathing <sup>16,18</sup>	5 to 8 ↑
Full bladder <sup>13,16,18</sup>	10 to 15 ↑
Pain <sup>16</sup>	10 to 30 ↑
Arm below heart level <sup>2,10,13,16,17,18</sup>	1.8 /inch ↑ 4.6 /cm ↑
Arm above heart level <sup>10,13,16,17,18</sup>	1.8 /inch ↓ 4.6 /cm ↓

For references, refer to the footnotes listed on this card.

## References

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