

# BP Measurement Checklist

Measure blood pressure of all adults  $\geq 18$  years.

**No talking during and between measurements**

**Back supported**

**Cuff at heart level**

**Use correct cuff size and positioning.**

Small

Medium

Large

1. Ideal cuff bladder length is at least 80% of the patient's arm circumference.
2. Cuff width should cover at least 40% of the patient's upper arm.
3. Ensure cuff is on bare arm or over thin layer of clothing. Avoid bunching of clothes under cuff.
4. Empty bladder before each reading.

**Arm supported**

**Record exact reading from digital device. Don't round.**

**Legs uncrossed and feet supported**

Avoid exercise, tea/coffee, smoking in the last 30 minutes. Patient should rest comfortably and quietly for 5 minutes before the reading.

