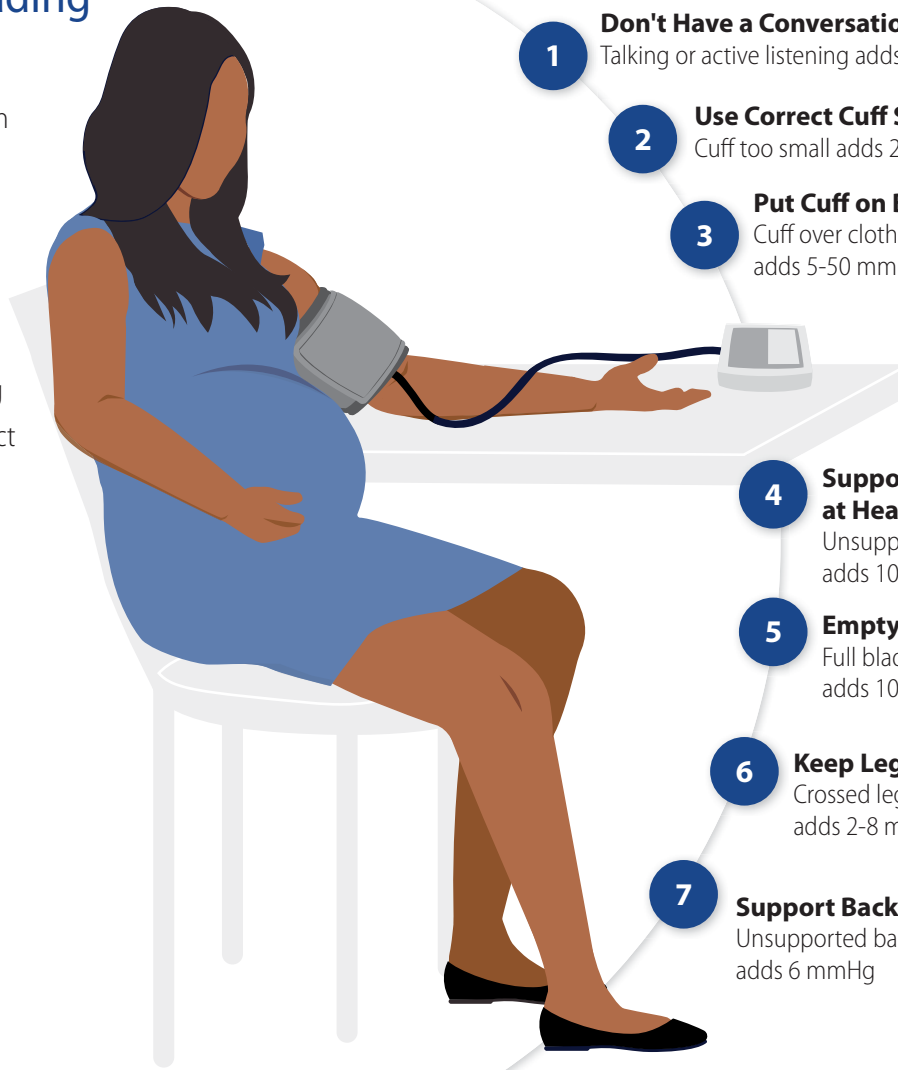


7 Simple Tips

To Get an Accurate Blood Pressure Reading

These common positioning errors can result in inaccurate blood pressure measurement. Figure shown is an estimate of how improper positioning can potentially impact blood pressure readings.



1 Don't Have a Conversation
Talking or active listening adds 10 mmHg

2 Use Correct Cuff Size
Cuff too small adds 2-10 mmHg

3 Put Cuff on Bare Arm
Cuff over clothing adds 5-50 mmHg

4 Support Arm at Heart Level
Unsupported arm adds 10 mmHg

5 Empty Bladder First
Full bladder adds 10 mmHg

6 Keep Legs Uncrossed
Crossed legs adds 2-8 mmHg

7 Support Back/Feet
Unsupported back and feet adds 6 mmHg



This "7 Simple Tips to Get an Accurate Blood Pressure Reading" was adapted with permission of the American Medical Association and Johns Hopkins University. The original copyrighted content can be found at www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources.

Sources:

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