



Resource Guide

Subject:	Stethoscope and Sphygmomanometer Various Cuff Sizes & Blood Pressure Toolkit
Facility Site Review Source:	San Francisco Health Plan (SFHP)/ American Heart Association (AHA) / American Medical Association (AMA)
Relevant Law/Standard:	AHA / AMA Target BP™
Agency//Organization Source:	SFHP
Agency/Organization URL	SFHP.ORG

Background:

Stethoscope and Sphygmomanometer with blood pressure cuffs, in various sizes appropriate to the population served, must be available on site.

Accurate measurement of patient’s blood pressure is essential both in identifying possible cardiovascular disease risk and to improving management of high blood pressure (hypertension). Using the correct medical equipment and techniques can lead to diagnoses that are more accurate, improved treatment times, and help to maintain blood pressure goals.

Purpose:

Office will have available for primary care services a stethoscope and sphygmomanometer with various cuffs sizes and maintained according to manufacturer guidelines. (Toolkit offers information on various cuff sizes and how to measure patient for accurately sized cuff)

Staff will perform accurate blood pressure readings and to improve blood pressure measurement through training and re-training staff, validating and calibrating blood pressure devices, using appropriately sized blood pressure cuffs, standardizing blood pressure measurement practice habits – every patient, every time, and standardizing protocol for documentation of blood pressure procedure. Place poster on how to measure blood pressure appropriately in area(s) used by staff. This Blood Pressure Measurement Toolkit is available at [sfhp.org/bptoolkitL](https://www.sfhf.org/bptoolkitL) (see Link)

Link: Use link or follow pathway from www.sfhf.org – Provider Resources, Improving Quality, Blood Pressure Toolkit

<https://www.sfhf.org/providers/improving-quality/blood-pressure-toolkit/>



STEP

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Appropriately Sized Cuffs

OBJECTIVE

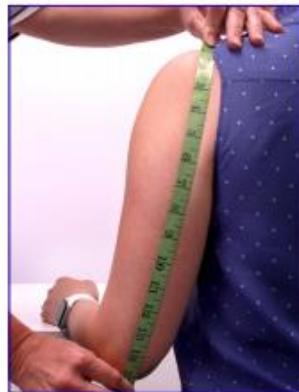
The trainee will successfully demonstrate without error the skills necessary to determine the correct cuff size for pediatric and adult patients.

Measuring Arm Circumference

One half the distance between the acromion and the olecranon processes determines the midpoint of the arm.



Mark spine extending from the shoulder (acromion process).



Correct tape placement for upper arm length.



Incorrect tape placement for upper arm length.



Mark upper arm length midpoint.

Measure Your Patient's Arm

The arm circumference should be printed on the inside of each cuff to eliminate confusion created by size variance among manufacturers.



ADULT

Wrap a tape measure around the patient's bicep, at mid-arm to determine the arm circumference (typically measured in cm).



PEDIATRIC

For children in whom the appropriate cuff size is difficult to determine, the mid-arm circumference (measured as the midpoint between the acromion of the scapula and olecranon of the elbow, with the shoulder in a neutral position and the elbow flexed to 90° 86,95,96) should be obtained for an accurate determination of the correct cuff size.

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