To Accurate Blood Pressure Measurement

PREPARE • POSITION • MEASURE • DOCUMENT

**STEP 1**
Master your training and retraining checklists

**STEP 2**
Follow manufacturer’s instructions for validated blood pressure devices that are periodically checked for proper functioning

**STEP 3**
Choose appropriately sized cuffs

**STEP 4**
Practice habits for every patient, every time:
- No talking, texting, watching phone
- Back/feet supported
- Arm supported at heart level
- Legs are uncrossed
- Bladder is empty
- Cuff on bare arm
- Separate repeated measurements by at least one to two minutes

**STEP 5**
Follow protocol for documentation of the procedure:
- Systolic/Diastolic
- Cuff size
- Other factors
- Arm used
- Position