

# 5 STEPS

## 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

