Blood Pressure Measurement Protocol[[1]](#footnote-2)

1. Blood pressure should be taken at the end of the rooming process after the patient has had a 5-minute period of rest.
2. Initial blood pressure can be checked using either the manual or automatic cuff with the following conditions:
* The patient should be resting for at least 5 minutes before the blood pressure is taken.
* Legs should not be crossed- this may falsely elevate the blood pressure.
* The patient should be seated in a chair that supports their back and their feet should be flat on the floor
* Any clothing should be removed where the blood pressure cuff is placed
* The patient should not be talking during blood pressure measurement. This may falsely elevate the blood pressure
* The patient’s arm should be supported palm up and level with the heart
1. The correct cuff size should be selected and secured so that 2 fingers can be inserted between the cuff and the patient’s arm.
* An adult cuff width should be roughly 40% the circumference of the arm and the length of the bladder should cover approximately 80% of the arm circumference.
* A child cuff should cover approximately 2/3 of the child’s upper arm or thigh.
1. If the blood pressure is greater than 140/90 the blood pressure should be repeated after at least five minutes using a manual technique.
2. If the patient is over 70 years of age, and the initial blood pressure is greater than 140/90, the blood pressure should be repeated using manual technique with the patient standing.
3. The best blood pressure should be recorded in the EMR in the first field labeled “BP” only noting the systolic and diastolic numbers. Any qualifying text should be placed in the notes field or the HPI. Any other blood pressures taken should be placed in the “Repeat BP” field.
4. The patient is informed of their blood pressure reading.
1. Adapted from several BP measurement tools in the Measure Up/Pressure Down AMGA Project. See [here](http://www.measureuppressuredown.com/HCProf/Find/provToolkit_find.asp) for the full Provider Tool Kit. [↑](#footnote-ref-2)