

Measuring Blood Pressure

- Follow infection control procedures
- Wear appropriate protective equipment
- Make sure the room is warm
- Position the person so they can rest their arm flat, ideally about the same height as their heart
- Expose the arm between the elbow and shoulder
- Wrap the cuff around the exposed area of the arm, the lower part of the cuff should be about 2cm above the inside of the elbow
- Inflate the cuff, follow manufacturer's instructions as some sphygmomanometers (sphyg.) require the measurement of the pulse whilst doing this
- The instructions will tell you when to stop inflation and slowly deflate the cuff
- The first measurement is the systolic pressure
- The second measurement is the diastolic pressure
- The instruction for your sphyg. will tell you how to identify these measurements
- Record these measurements now - do not wait until later
- Completely deflate the cuff and remove it
- Is the client comfortable?

