



Measuring Blood Pressure (BP)

OBJECTIVE: To accurately measure the blood pressure using the manual sphygmomanometer.

MATERIALS: Stethoscope and a manual sphygmomanometer.

D: Appropriately done PD: Partially done ND: Not done/Incorrectly done

STEP/TASK	D	PD	ND
Preparation			
1. Introduce yourself to the patient.			
2. Confirm patient's ID.			
3. Explain the procedure and reassure the patient.			
4. Get patient's consent.			
5. Wash hands.			
6. Prepare the necessary materials.			
If the patient is anxious, irritable or has been a physically active or if he/she has smoked, drunk stimulant drinks (<i>tea, coffee, energy drinks etc.</i>) in the last 30 minutes, give him/her 10 minutes to rest before measuring the BP.			
7. Position the patient in a sitting position and uncover one of his/her arms. (<i>Make sure the patient is relaxed and comfortable.</i>)			
Procedure			
8. Turn on the mercury valve (<i>if it is mercury sphygmomanometer</i>).			
9. Select an appropriately sized cuff and apply it to the upper arm ensuring that it fits securely. (<i>The centre of the cuff bladder must be over brachial artery [the bladder should cover 80% of the circumference of the upper arm] and lower edge 2.5 cm above the ante-cubital fossa.</i>)			
10. Palpate the brachial or radial artery while inflating the cuff till the point where pulsation disappears and keep inflating the cuff 20-30 mmHg more.			
11. Slowly deflate the cuff, noting the pressure at which the pulse reappears. (<i>This is the approximate level of the systolic blood pressure.</i>)			
12. Deflate the cuff completely.			
13. Place the stethoscope over the brachial artery pulse, ensuring that it does not touch the cuff (<i>bell is better than diaphragm to pickup low pitched Korotkoff sounds</i>).			
14. Re-inflate cuff to 20-30 mmHg above palpated systolic pressure.			
15. Slowly deflate the cuff at a rate of 2-3 mmHg/second. (<i>Note where the beats appears in relation to the number on the gauge.</i>)			
16. The first sound indicates the systolic blood pressure (<i>continue deflation</i>).			
17. The muffling and disappearance of the sound indicate the diastolic blood pressure.			
18. Deflate the cuff completely.			
19. Turn off the mercury valve (<i>if it is mercury sphygmomanometer</i>).			
After the Procedure			
20. Ensure that the patient is comfortable.			
21. Make explanations to the patient, answer his/her questions.			
22. Wash hands.			
23. Document the procedure.			