**Taking an Accurate BP**

**Prepare Patient:**

* Does patient have to empty bladder? If so, ask patient to use restroom first.
* Assess for any recent nicotine, caffeine consumption (can not delay visit but good to note)
* Patient sits quietly for 5 minutes prior to measurement

**Patient Positioning**

* Seated or semi-reclined; both feet flat on floor
* Bare arm (no clothing)
* Arm supported at heart level
* There should not be a gap between the cuff and arm – this means the arm is conical shaped and needs a conical upper arm or radial cuff
* Remind patient not to move arm or talk during measurement

**Two ways to measure for proper fit:**

1. **Measure arm circumference**
* Measure the length of arm from shoulder bone to elbow bone
* Half the length and measure circumference at this location in centimeters
* Reference circumference measurements on BP cuff to choose the correct cuff
* Thigh cuff can be used on upper arm if fit is appropriate

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1. **Index line**
* Each BP cuff has two range lines and an index line

When applied the index line must fit inside the two range lines

Size Chart

**Dynomap – blue machine**

**Best for cylindrical arm shape**

|  |  |
| --- | --- |
| **Small Adult** | **17-25 cm** |
| **Adult** | **23-33** |
| **Adult Long** | **23-33** |
| **Large Adult** | **31-40** |
| **Thigh** | **38-50** |

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**Omron – all blue cuffs**

**Best for conical arm shape**

|  |
| --- |
| **17-22 cm** |
| **22-32** |
| **32-42** |
| **42-50** |

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**Radial Cuffs**

**To be used when:**

1. Upper arm circumference is >50 cm
2. Arm is conical shape and gap is created between cuff and arm near elbow
3. Upper arm is shorter than width of cuff
* Index lines and measuring forearm circumference for selecting best fit
* Connecting tubes pointed up toward elbow

Forearm circumference

|  |
| --- |
| 26-36 cm |

