

Blood Pressure Measurement

Using Automated Blood Pressure Monitors



- The patient should be seated in a chair with a back rest and feet on the floor for at least 5 minutes and relaxed and not speaking
- Check the pulse. If any irregularity is found, use a manual device. A manual method of measurement should always be accessible
- The arm should be supported at the level of the heart, resting on a cushion, pillow or arm rest. Ensure no tight clothing constricts the arm
- Place the cuff on neatly 2cm above the brachial artery and aligning the 'artery mark'. The bladder should encircle at least 80% of the arm but not more than 100%
- Use the cuff size recommended by the manufacturer of the monitor
- Some monitors allow manual blood pressure setting selection where you choose the appropriate setting. Other monitors will automatically inflate and re-inflate to the next setting if required. Warn the patient that this might happen to avoid alarm
- Repeat 3 times and record measurement as displayed. Initially test blood pressure in both arms and use arm with highest reading for subsequent measurement



Points to note:

It is good practice to occasionally check the monitor against other validated devices, using the same patient at the same time and not connecting the two machines together.

It is important to have the monitor serviced and calibrated according to the manufacturer's guidelines