

Steps to Obtaining an Accurate Blood Pressure



- › Choose the right size cuff
- › Seat your patient so their back is supported
- › Make sure the patient's feet are resting on a flat surface
- › The patient's legs should be uncrossed
- › The patient should not be speaking while obtaining the pressure
- › Make sure your patient's left arm is raised to heart level and supported
- › Expose the patient's bare arm
- › Inflate the cuff to 160 mm Hg of pressure (only proceed higher if the patient is known to have high blood pressure)
- › Place the diaphragm over the brachial artery and clear of obstruction

American Heart Association Recommended Blood Pressure Stages		
Blood Pressure Category	Systolic (mm Hg)	Diastolic (mm Hg)
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High	140 or greater	90 or greater
Stage 1	140-159	90-99
Stage 2	160 or higher	100 or higher

