

Measuring Blood Pressure

Teacher: _____ Peer Evaluator: _____ Date: _____

Step	Instructions	Assessments		
		Self	Peer	Teacher
1	Wipe the stethoscope earpieces and diaphragm with an alcohol wipe.			
2	Have the person sit or lie down. Make sure the room is quiet and relaxing. Ask the person not to speak while you measure the blood pressure.			
3	Position the person's arm level with the heart. The palm is up.			
4	Stand no more than 1 metre (3 feet) away from the momanometer. A mercury model must be vertical, on a flat surface and at eye level. The aneroid type must be directly in front of you.			
5	Expose the upper arm.			
6	Squeeze the cuff to expel any remaining air. Close the valve on the bulb.			
7	Find the brachial artery at the inner aspect of the elbow.			
8	Place the arrow on the cuff over the brachial artery. Wrap the cuff around the upper arm at least 2.5 cm (1 inch) above the elbow. It should be even and snug.			

9	<p>Method 1 – Previous Blood Pressure Known</p> <p>a Ask your client what their BP usually is (or check their chart).</p> <p>b Inflate the cuff 30 mmHg above what their normal systolic pressure is.</p> <p>Method 2 – Previous Blood Pressure Unknown</p> <p>a Inflate the cuff to 150 mmHg. If no blood pressure sounds are heard, proceed to step 10.</p> <p>b If blood pressure sounds are heard, immediately inflate cuff to 170 mmHg. Proceed to step 10.</p> <p>c If blood pressure sounds are heard, deflate cuff, wait 2 minutes, and inflate cuff to 190 mmHg.</p>			
10	Place the diaphragm of the stethoscope over the brachial artery. Do not place it under the cuff.			
11	Deflate the cuff at an even rate of 2 to 4 mm per second. Turn the valve counter-clockwise to deflate the cuff.			
12	Note the point where you hear the first sound. This is the systolic reading (top number).			
13	Continue to deflate the cuff. Note the point where the sound disappears. This is the diastolic reading (bottom number).			
14	Deflate the cuff completely. Remove it from the person's arm. Remove the stethoscope.			
15	Record the person's name and blood pressure on your notepad or assignment sheet then document it in the appropriate spot.			