



# A Protocol to Improve Clinical BP Monitoring

*BP+: Setting New Standards for Monitoring Hypertension*

Measuring Blood Pressure is a simple, rapid and familiar method of screening and monitoring cardiovascular status. Inaccurate diagnosis of hypertension has significant clinical, social and economic consequences. Getting it right matters!

Only use a validated automatic BP monitor and adopt a simple protocol for BP measurement to improve your results and patient care.



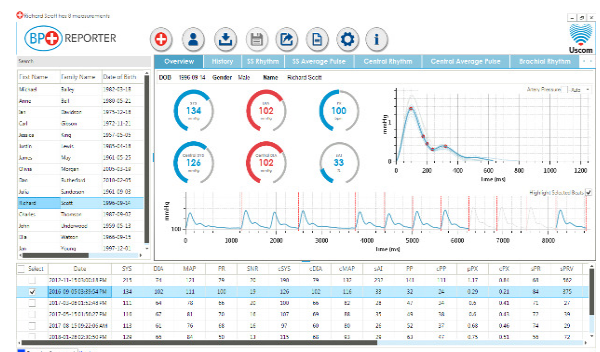
## Simple protocol for an accurate BP measurement:

1. Rest the patient prior to measurement (~5 quiet minutes)
2. Monitor a bare arm, not over clothing
3. Explain the procedure to the patient and reassure them
4. Choose the correct size of cuff and confirm size of the arm using the range markers on the cuff. Use the larger cuff if there is a choice of 2 sizes
5. Position mid cuff at heart level, and lower cuff edge 3cm above the elbow crease
6. Correctly align the brachial artery marker with the brachial artery
7. Apply the cuff firmly
8. Patient to sit upright, back supported, feet flat, legs uncrossed, with upper arm at the level of the heart
9. Keep the lower arm supported and still during the measurement
10. No talking during the measurement (patient or examiner)
11. Check results for indication of irregular rhythm
12. Ideally perform additional measurement(s) and use the average BP

## Simple mistakes to avoid in BP measurement:

Technical errors almost always result in increased systolic BP, elevating the risk of an incorrect diagnosis of hypertension. These include:

- cuff too small
- cuff over clothing
- back unsupported
- legs crossed
- inadequate resting (~5 minutes)
- talking
- stress, deep breathing, full bladder, pain, etc.
- arm below heart



Contact [info@uscom.com.au](mailto:info@uscom.com.au) for information on how Pulse Wave Analysis can further inform clinical decisions, beyond the information provided by brachial BP.

