

Blood Pressure Measurement

With Electronic Blood Pressure Monitors



- The patient should be seated for at least 5 minutes, relaxed and not moving or speaking
- The arm must be supported at the level of the heart. Ensure no tight clothing constricts the arm
- Place the cuff on neatly with the centre of the bladder over the brachial artery. The bladder should encircle at least 80% of the arm (but not more than 100%)
- 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.
- Repeat three times and record measurement as displayed. Initially test blood pressure in both arms and use arm with highest reading for subsequent measurement.



Cuff Sizes	Indication	Width (cm)* =	Length (cm)* =	BHS Guidelines Bladder width & length (cms)*	Arm circ. (cm)*
	Small Adult/Child	10 - 12	18 - 24	12 x 18	< 23
	Standard Adult	12 - 13	23 - 35	12 x 26	< 33
	Large Adult	12 - 16	35 - 40	12 x 40	< 50
	Adult Thigh Cuff**	20	42	< 53	

* The range for columns 2 and 3 are derived from recommendations from the British Hypertension Society (BHS), European Hypertension Society (ESH) and the American Heart Association. Columns 4 and 5 are derived from only the BHS guidelines.
 ** Large bladders for arm circumferences over 42cm may be required
 = Bladders of varying sizes are available so a range is provided for each indication (applies to columns 2 and 3)

Points to note:

It is good practice to occasionally check the monitor against other validated devices.

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