



**Blood Pressure
Guidelines**

Clinical lesson

Equipment

- At CityTech DH clinic students use Omron Digital monitors.
- BP Monitors are not required your first semester
- We will provide monitors for training purposes.
- You will be required to purchase your own BP monitor before you start seeing patients in DEN1200.
- More information on make and model will be provided at a later time.



Selection of Cuff Size

Size is critical for accurate results:

- Too narrow - falsely high readings
- Too wide - falsely low readings

Children use pediatric-size cuff

Adults use standard or extra-large (muscular, obese patients)

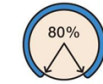
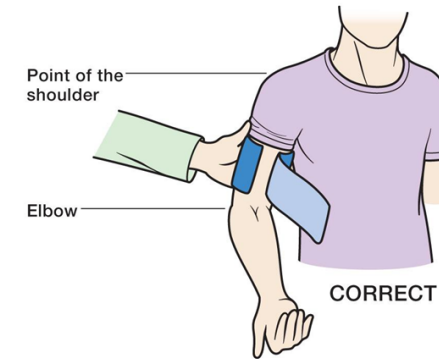
The width of the bladder should encircle 40% of the midpoint of the upper arm.

The correct width (W) is 20% greater than the diameter of the arm where applied:

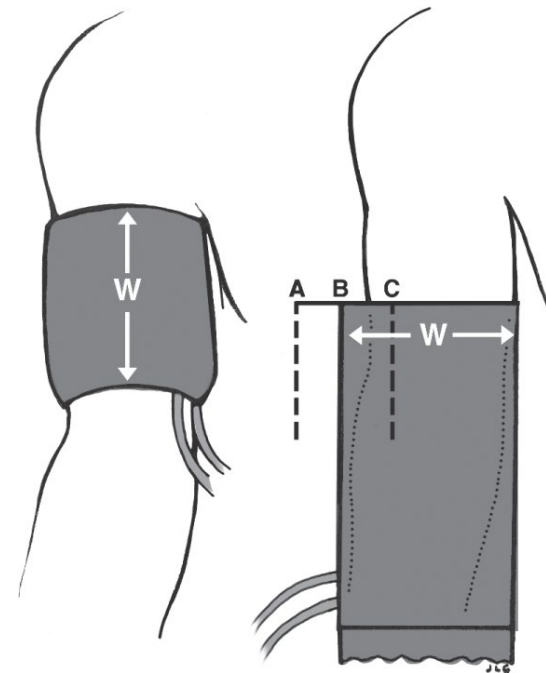
A: Too wide.

B: Correct width.

C: Too narrow.



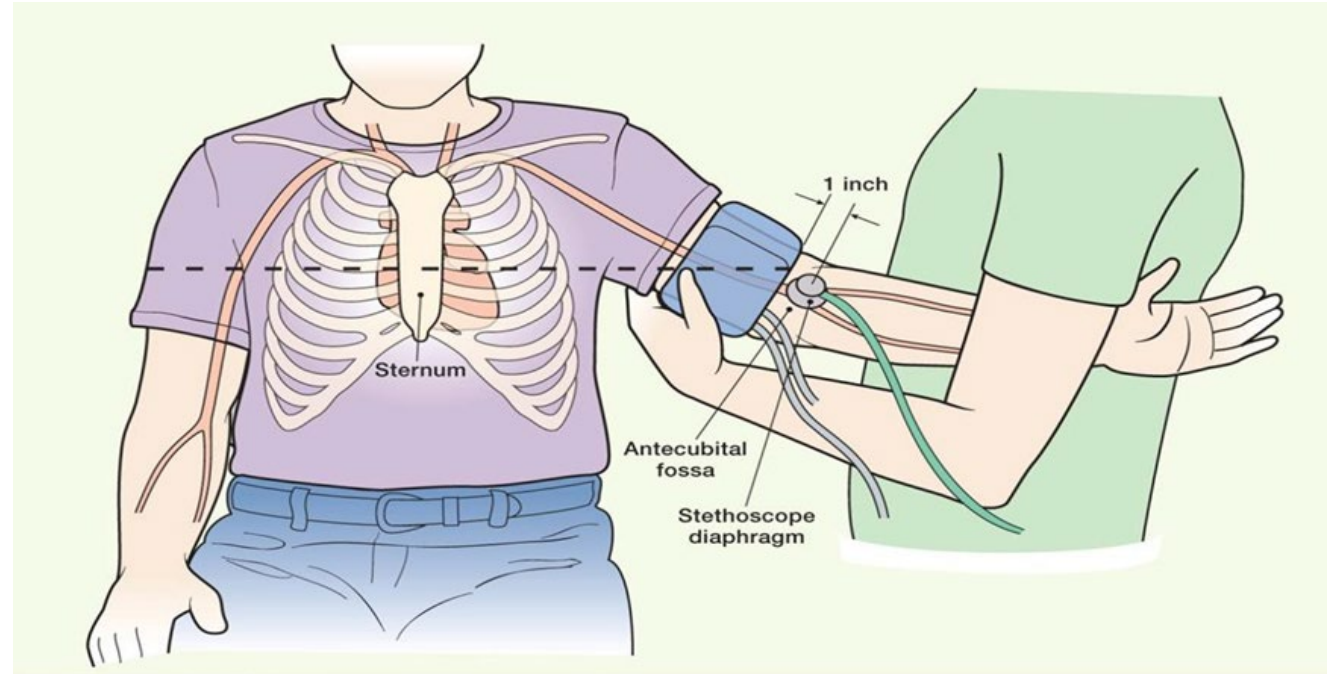
Bladder length should encircle at least 80% of the circumference of the arm



Procedure for Determining Blood Pressure

Prepare patient:

- Explain the procedure and obtain verbal consent
- Seat patient comfortably, arm slightly flexed with palm up, forearm supported at heart level (false reading if not at heart level), legs uncrossed.
- Either arm, with exceptions for contraindications (handicap, mastectomy, vascular surgery)
 - *at CityTech we recommend using the Left arm*
- If retaking BP must use the same arm
- Loosen tight sleeves and avoid layers



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Procedure for Determining Blood Pressure

Apply cuff:

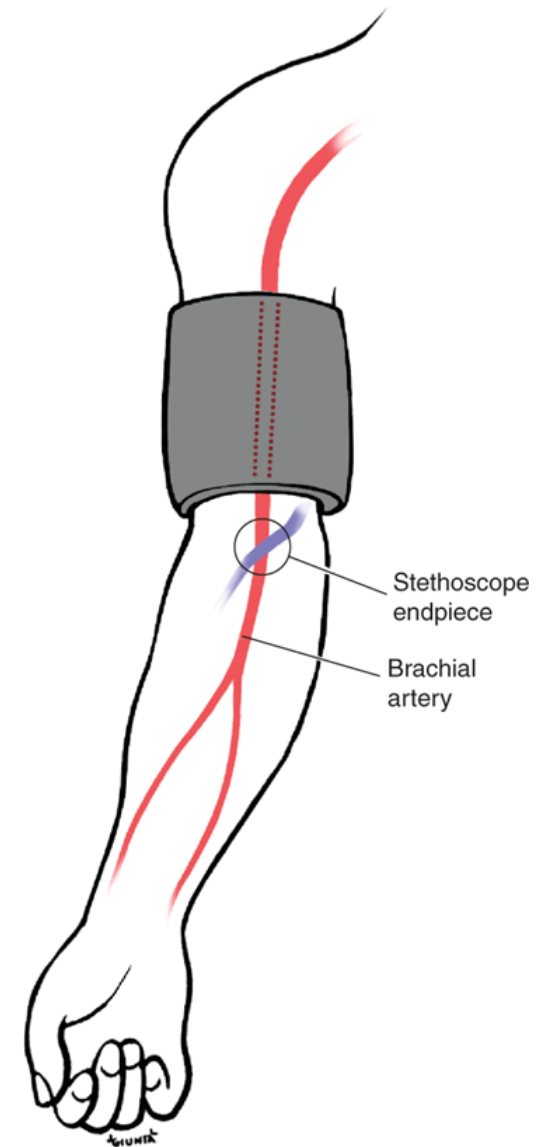
- Must be completely deflated
- Place the cuff directly over the brachial artery with the lower edge of the cuff **1 inch** above the *antecubital fossa*.

Support the patient's arm at the heart level

Press start (on a digital device)

Obtain reading

Record findings on Medical history and in the chart.



Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

*Disregard table 12-2 in the textbook

Blood Pressure Follow-Up Criteria



- Obligation to advise and refer for further evaluation
- Hypertension not diagnosed on isolated reading
- Record vital signs for all new patients:
 - a. If elevated on the initial visit must recheck on each subsequent visit
 - b. If within normal readings, recheck on the next recare visit
- In clinic, we have specific guidelines to follow depending on how high the readings are (consult with a doctor, dismiss the patient, request medical clearance, call 911)