

Steps for Accurate Blood Pressure Measurement

- **1. Prepare the Patient**
 - Ensure the patient is relaxed and seated comfortably for at least 5 minutes.
 - Avoid caffeine, smoking, or exercise for at least 30 minutes before measurement.
 - Have the patient empty their bladder before the reading.

- **2. Position the Patient Properly**
 - Sit the patient in a chair with back support, feet flat on the floor, and legs uncrossed.
 - Support the arm at heart level using a table or armrest.
 - Keep the upper arm exposed (remove tight clothing or roll up the sleeve without constricting the arm).

- **3. Select the Appropriate Cuff Size**
 - Use a cuff that covers 80% of the upper arm circumference and is 40% of the arm width.
 - A cuff that is too small will overestimate BP, while a cuff that is too large will underestimate BP.

- **4. Place the Cuff Correctly**
 - Wrap the cuff snugly around the upper arm, about 2-3 cm above the elbow crease.
 - Ensure the artery marker on the cuff aligns with the brachial artery.

- **5. Ensure Proper Inflation & Deflation**
 - Palpate the brachial artery and inflate the cuff 20-30 mmHg above the expected systolic BP.
 - Deflate the cuff slowly at 2-3 mmHg per second while listening with a stethoscope.

- **6. Record the Blood Pressure Readings**
 - Identify the first Korotkoff sound (systolic BP) and the disappearance of the sound (diastolic BP).
 - Take at least two readings spaced 1-2 minutes apart and average them.
 - If there's a ≥ 5 mmHg difference, take additional readings.

- **7. Follow Best Practices**

- Measure BP in both arms initially; if there is a difference, use the arm with the higher reading.
- Avoid talking or moving during the measurement.
- For home monitoring, check BP at the same time daily.