



Proper Technique for Accurate Blood Pressure Measurement

Blood pressure measurement is a routine task in most practices, but are you sure it's being done accurately?



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When your blood pressure (BP) is measured, be aware of the following guidelines:

- Validated, automated device should be used to measure your BP
- Correct size cuff
- Cuff placed on your *bare* arm
- You should be seated comfortably and quietly for at least five minutes – no texting
- Back is supported
- Arm is supported
- Cuff placed at your heart level
- Legs uncrossed
- Feet flat on the ground or supported by a foot stool
- No one should be talking during the measurement

If your blood pressure is 140/90 mm Hg or higher, it should be confirmed.

- BP measurement steps should be repeated
- You should ensure your bladder is empty
- You should rest quietly for at least five minutes
- At least three BP measurements should be taken and averaged