

IMPORTANCE OF MEASURING BLOOD PRESSURE ACCURATELY



Accurate BP measurement is a cornerstone of hypertension management

BP measurement errors can lead to labeling patients as having elevated or normal BP

which leads to



Inappropriate treatment or lack of treatment!

“If a provider feels the blood pressure is accurate, their willingness to proactively treat hypertension goes up.”

-Dr. Sarah Woosley

Common BP technique errors correspond to measurable errors

<u>Common Error in Technique</u>	<u>Corresponding erroneous changes in BP Measurement, mm Hg</u>
Fails to rest 5min quietly	↑ 12 / 6
Back not supported against chair	↑ 6 / 8
Legs crossed, not flat on floor	↑ 6 / 4
Incorrect cuff size: • Too small • Too large	↑ 6 - 18 / 4 - 13 ↓ 7 / 5
Bladder not centered over artery	↑ 4 / 2
Cuff not at mid-sternal level	Above: ↓ 2 per inch Below: ↑ 2 per inch
Patient <u>or</u> staff talking	↑ 10 - 17 / 6 - 13
Deflate too rapidly (> 3 mm Hg/sec)	↑ SBP / ↑ DBP
Fail to take second reading after 1-2 minutes	- 2nd SBP reading ↓ 10 mm Hg in 1 out of 5 persons - Misclassify 20 - 30 percent as having elevated BP

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