## IMPORTANCE OF MEASURING BLOOD PRESSURE ACCURATELY



BP measurement errors can lead to labeling patients as having elevated <u>or</u> normal BP

which leads to



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

-Dr. Sarah Woosley

Inappropriate treatment or lack of treatment!

## Common BP technique errors correspond to measurable errors

Common Error in Technique	Corresponding erroneous changes in
	BP Measurement, mm Hg
Fails to rest 5min quietly	12/6
Back not supported against chair	<b>♦</b> 6/8
Legs crossed, not flat on floor	<b>♦</b> 6/4
Incorrect cuff size:	<b>6</b> - 18 / 4 - 13
• Too small	<b>↓</b> 7/5
• Too large	
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	<ul> <li>- 2nd SBP reading ↓ 10 mm Hg in 1 out of 5 persons</li> <li>- Misclassify 20 - 30 percent as having elevated BP</li> </ul>



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