



# Point of Care Ecosystem BP Checklist

Standardization, whether it be in one facility or across a network of sites, poses challenges for today's health systems. One area that can be especially challenging is blood pressure (BP) measurement. BP capture continues to be one of the most inconsistently performed tests in the clinical environment.<sup>1</sup> In fact, many healthcare providers have admitted to not following AMA recommendations for more accurate BP measurement.<sup>2</sup> Left unaddressed, this lack of adherence can pose serious risk for health systems. We hope you will use this checklist to help ensure an accurate, precise and repeatable BP measurement—every patient, every time.

## 7 SIMPLE STEPS FOR AN ACCURATE BP READING<sup>3</sup>

- No Talking**  
Neither the patient nor the person taking the measurement should talk during the procedure. The patient talking or actively listening can increase the measurement by 10 mmHg.
- Cuff Placed on Bare Arm**  
The upper arm should be bare. Any clothing covering the cuff location should be removed. Placing the cuff over clothing can add 5 to 50 mmHg. Clothing covering the cuff location should not be rolled, so as to not have a tourniquet affect above the BP cuff.
- Arm Supported at Heart Level**  
The patient's arm should be supported at heart level (the middle of the cuff on the upper arm should be at the level of the right atrium). An unsupported arm can add 10 mmHg to the measurement.
- Empty Bladder**  
Having a full bladder during BP acquisition can add 10 mmHg to the BP reading.

- Back Supported**  
The patient should be seated comfortably with the back supported. If the patient's back is not properly supported, the measurement can increase 6 mmHg.
- Legs Uncrossed**  
The patient should be seated comfortably with legs uncrossed. If the patient's legs are crossed, the measurement can increase 2 to 8 mmHg.
- Feet Flat on the Floor**  
The patient should be seated comfortably with feet flat on the floor. If the patient's feet are not flat on the floor, the measurement can increase 6 mmHg.

Want to learn more? Visit: [midmark.com/bpchecklist](https://midmark.com/bpchecklist)

Did you know that positioning alone lowers resting BP measurements by 7 mmHg systolic and 4.5 mmHg diastolic?

Scan to view the pivotal new study released by eClinicalMedicine, one of The Lancet Discovery Science journals.



<sup>1</sup> <https://www.aafp.org/afp/2005/1001/p1391.html>

<sup>2</sup> <http://www.gnsh.org/hai-advisory-board-system-blueprint-for-clinical-standardization/>

<sup>3</sup> <https://www.ama-assn.org/system/files/2020-11/in-office-bp-measurement-infographic.pdf>