



**Hillrom™**



# IT MATTERS HOW YOU MEASURE

**Your Quick Reference  
Guide to Accurate Blood  
Pressure Measurements &  
Reading Variability**

## Help Capture Accurate BP Readings

- If your patient is in between sizes, use the larger cuff size
- Place the middle of the cuff on your patient's bare upper arm, over the brachial artery
- Leave room for no more than two fingers between your patient's arm and the cuff
- Have your patient sit in a chair that supports their back, uncross their legs and keep their feet flat on the floor
- Rest your patient's arm on a flat surface with the cuff at heart level
- Allow your patient to rest for five minutes
- Have your patient remain still and quiet during the measurement

# What You Need to Know About BP Variability

Blood pressure technique is notoriously easy to get wrong. See what could be impacting BP readings at your practice:

Activity	Systolic (mmHg)
Cuff too small <sup>2,4,6,7,8,10,12,14,16,18,19</sup>	10 to 40 ↑
Cuff over clothing <sup>10,16,18</sup>	10 to 40 ↑ or ↓
Back/feet unsupported <sup>3,18</sup>	5 to 15 ↑
Legs crossed <sup>1,5,9,16,17,18</sup>	5 to 8 ↑
Not resting 3 to 5 minutes <sup>2,10,16,18,19,20</sup>	10 to 20 ↑
Patient talking <sup>2,10,11,16,17,18</sup>	10 to 15 ↑
Labored breathing <sup>16,18</sup>	5 to 8 ↑
Full bladder <sup>13,16,18</sup>	10 to 15 ↑
Pain <sup>16</sup>	10 to 30 ↑
Arm below heart level <sup>2,10,13,16,17,18</sup>	1.8 /inch ↑ 4.6 /cm ↑
Arm above heart level <sup>10,13,16,17,18</sup>	1.8 /inch ↓ 4.6 /cm ↓

For more information, please contact your local distributor or Hillrom sales representative at 1-800-535-6663.

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Inaccurate Measurement Risk if a clinician does not follow best practices for obtaining a BP.