

# PLANK 1

**TOOL:** Correct Blood Pressure Measurement Technique Handout (Colorado Springs Health Partners)

## Correct Blood Pressure Measurement Technique



### Key Factors

**Healthy Heart**



**Healthy You**

- ✓ Use the right sized cuff on a **BARE** arm – ask patient which arm
- ✓ Place arm at **heart level** with palm of arm upright
- ✓ Have **back supported** and **legs uncrossed**
- ✓ **Avoid** having patient **talk** while the blood pressure is being taken
- ✓ Record **exact numbers**
- ✓ Wait **5 minutes** prior to taking BP (last in rooming-in process)



Adapted From:  
Kaiser Permanente  
Colorado Nursing Education

