PLANK 1

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

Correct Blood Pressure Measurement Technique

Key Factors

✓ 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