
Blood Pressure Procedure

REQUIRED EQUIPMENT: an electronic blood pressure machine, clipboard, pen, Fitness Testing Recording Form

PROCEDURE:

1. Describe the testing protocol to the client
 - a. I am going to put a cuff around your upper arm
 - b. I will inflate the cuff so you will feel some pressure around your arm
 - c. I will release the pressure in the cuff and it will give me a reading of your blood pressure and resting heart rate
2. Seat the client in a reclined seat with their arm rested on a table or solid surface
3. The client is required to keep their arm still and relaxed
4. Place the cuff on the arm straight onto the skin
5. Ensure the arrow on the cuff is running down the arm in line with the brachial artery
6. Press the power button and wait until the monitor displays the "0"
7. Press the start button to begin pressurising the cuff to around 160mmHg
8. Once inflation is complete, the automatic exhaust mechanism will gradually reduce the pressure in the cuff and begin to measure both systolic, diastolic pressures and resting heart rate
9. Record the results

FORMULAS AND CALCULATION:

Nil

NORMATIVE / COMPARATIVE DATA:

Systolic Blood Pressure (mm Hg)	Rating	Diastolic Blood Pressure (mm Hg)
<130	Normal	<85
130-139	High normal	85-89
140-159	Stage 1: Mild hypertension	90-99
160-179	Stage 2: Moderate hypertension	100-109
180-209	Stage 3: Severe hypertension	110-119
>210	Stage 4: Very Severe hypertension	>120

Source: Adapted from Joint National Committee (1993) 'The Fifth Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure.'