8 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING

1. DON’T HAVE A CONVERSATION -
   Talking / active listening can add 10 mm Hg

2. SUPPORT BACK -
   Unsupported can add 6.5 mm Hg

3. SUPPORT FEET -
   Unsupported can add 6.5 mm Hg

4. SUPPORT ARM AT HEART LEVEL -
   Unsupported can add 10 mm Hg

5. CORRECT SIZE CUFF -
   Cuff too small can add 2-10 mm Hg

6. REMOVE HEAVY SWEATERS & PUT CUFF ON BARE OR LIGHTLY CLOTHED ARM -
   Cuff over clothing 5-50 mm Hg

7. UNCROSS LEGS -
   Crossed legs can add 2-8 mm Hg

8. IF BLOOD PRESSURE GREATER THAN 120/80, ALLOW PATIENT TO REST AND REPEAT AGAIN