

Checklist: Measuring and Recording Blood Pressure (Manual)

Measuring and Recording Blood Pressure (Manual)	Able to Perform	Unable to Perform
1. Perform hand hygiene and identify the patient according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: – Manual sphygmomanometer – Appropriate size blood pressure cuff – Stethoscope –alcohol wipes	<input type="checkbox"/>	<input type="checkbox"/>
3. Allow the patient to rest quietly for several minutes before obtaining the blood pressure if possible.	<input type="checkbox"/>	<input type="checkbox"/>
4. Position the patient comfortably with the arm supported at heart level, palm up, and feet flat on the floor if sitting.	<input type="checkbox"/>	<input type="checkbox"/>
5. Select the appropriate cuff for the machine and size for the patient’s extremity	<input type="checkbox"/>	<input type="checkbox"/>
6. Place the cuff on bare skin when possible.	<input type="checkbox"/>	<input type="checkbox"/>
7. Wrap the cuff snugly around the patient’s extremity, verifying that only one finger can fit between the cuff and the patient’s skin. Make sure the “artery” arrow on the cuff is correctly placed over the brachial artery. Avoid using an arm with an IV, dialysis access, injury, mastectomy side, or restricted circulation unless directed otherwise.	<input type="checkbox"/>	<input type="checkbox"/>
8. Locate the brachial pulse, wipe diaphragm and ear pieces with alcohol wipe and position the stethoscope bell or diaphragm over the artery.	<input type="checkbox"/>	<input type="checkbox"/>
9. Inflate the cuff while palpating the pulse to estimate systolic pressure, then deflate completely.	<input type="checkbox"/>	<input type="checkbox"/>
10. Reinflate the cuff to approximately 20–30 mmHg above the estimated systolic pressure or 160 mmHg.	<input type="checkbox"/>	<input type="checkbox"/>
11. Slowly deflate the cuff at a rate of 2–3 mmHg per second while listening with the stethoscope.	<input type="checkbox"/>	<input type="checkbox"/>
12. Identify the first beat as the systolic pressure and the disappearance of beat as the diastolic pressure.	<input type="checkbox"/>	<input type="checkbox"/>
13. Completely deflate and remove the cuff.	<input type="checkbox"/>	<input type="checkbox"/>
14. Document the blood pressure reading, arm used, patient position, and any abnormal findings according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
15. Report abnormal blood pressure readings according to facility policy or nurse direction.	<input type="checkbox"/>	<input type="checkbox"/>
16. Perform hand hygiene after completing care.	<input type="checkbox"/>	<input type="checkbox"/>