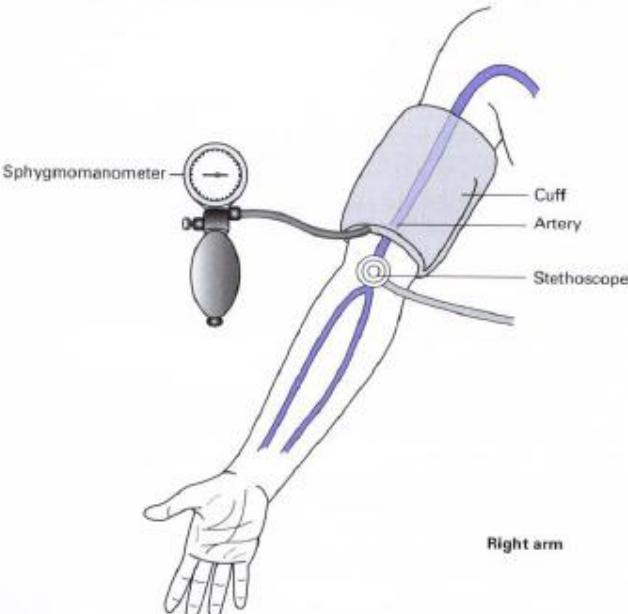


## Clinical Learning Guide

### Blood pressure measurement

STEP/TASK	AP	IP	NP
<b>Getting ready :</b>			
1. Introduce yourself to the patient			
2. Explain the procedure and calm the patient.			
<b>procedure</b>			
1. Position the patient's right arm so that it is horizontal at the level of the midsternum.			
2. Place the vertical column so that it is at eye level.			
3. Locate the brachial artery at about 2 cm above the antecubital fossa.			
4. Select an appropriately sized cuff and apply it to the arm, ensuring that it fills securely			
5. Inflate the cuff to 20-30 mmHg more than the estimated systolic blood pressure. You can estimate the systolic blood pressure by palpating the brachial or radial artery pulse and inflating the cuff until you can no longer feel it.			
6. Place the stethoscope over the brachial artery pulse, ensuring that it does not touch the cuff.			
7. Reduce the pressure in the cuff at a rate of 2-3 mmHg.			
8. The first consistent Korotkov sounds indicate the systolic blood pressure.			
9. The muffling and disappearance of the Korotkov sounds indicate the diastolic blood pressure.			
10. Record the blood pressure as the systolic reading over the diastolic reading.			
11. If the blood pressure is higher than 140/90, indicate that you might take a second reading after giving the patient a one minute rest.			
12. If the patient has a history of postural hypotension, you must also record the standing blood pressure			
<b>Post procedure tasks</b>			
1. Ensure that the patient is comfortable.			
2. Tell the patient his blood pressure and explain its significance.			
3. Thank the patient			
			

AP = Adequately Performed  
 IP = Inadequately Performed  
 NP = Not Performed