

## **Protocol for Taking Automatic Blood Pressures Mercy North Family Practice Clinic**

1. Remove tight-fitting clothing from the upper left arm. (Arm should be bare).
2. (Patient) Sit in chair with feet flat on the floor and place your left arm on a table so the cuff is at the same level as your heart.
3. Wrap the arm cuff around the upper left arm, making sure that the bottom edge of the cuff is approximately ½” to 1” above the elbow.
4. Pull the end of the cuff so that the entire cuff is evenly tightened around the arm, and the green marker on the cuff is above the brachial artery.
5. Press the ON\OFF button.
6. After the heart symbol appears on the digital panel, press the Start button, and have the patient remain still until the measurement is complete.
7. When measurement is complete, the monitor displays the blood pressure and pulse rate, and automatically deflates the cuff.
8. If the blood pressure is **over 140**, wait 2-3 minutes and **retake** another blood pressure measurement. Chart both readings.
  - For all patients with the DX of HTN: Put a **Green Hypertension Flow Sheet** in the chart (fill out).
  - Give all HTN patients a Personal Blood Pressure Record Card.
  - Give instructions on controlling blood pressure, the goal of BP reading and checking BP at home.
    - All complicated HTN (with co-morbidities) patient goal is below 130/80.
    - Non-complicated HTN goal is below 140/90.
  - **Pre-hypertension**: systolic BP of 120-139 or diastolic of 80-89. Treat with lifestyle modification.
  - **Co-existing risk factors**: Diabetes, high lipids, obesity, microalbuminuria, smoking

For any patient that you feel needs additional HTN teaching; please refer them to Marcia or Kathy.