

## Chapter 24: Measuring Height, Weight, and Vital Signs

Measuring Blood Pressure Using an Electronic Blood Pressure Machine			
		Name:	
		Date:	
<i>Remember to promote:</i>			
<b>Dignity • Independence • Individualized Care • Preferences • Privacy • Safety</b>			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client.			
3. Perform hand hygiene.			
4. Collect the following:			
<input type="checkbox"/> Blood pressure machine (FIGURE 24.24)			
<input type="checkbox"/> Antiseptic wipes, as per agency policy			
5. Provide for privacy.			
Procedure	S	U	Comments
6. Clean the surface of the cuff that will be placed next to the client's skin.			
7. Perform hand hygiene.			
8. Have the client sit or lie down. Make sure the room is quiet and relaxing. Ask the client not to speak while you measure the blood pressure.			
9. Choose the client's nondominant arm for taking the blood pressure unless this arm has been injured or has an intravenous inserted into it. Position the client's arm level with the heart. The palm should face up.			
10. Stand close to the client (no more than 1 m [3 ft] away from the blood pressure machine).			
11. Expose the client's upper arm.			
12. Find the brachial artery at the inner aspect of the elbow.			
13. Place the arrow on the cuff over the brachial artery (see FIGURE 24.22). Wrap			

the cuff around the upper arm at least 2.5 cm (1 in.) above the elbow. It should be even and snug.			
14. Instruct the client to relax the arm. Press the On button on the blood pressure machine.			
15. Wait for the entire cycle to occur. The finished blood pressure reading will appear on the screen.			
16. Remove the cuff from the client’s arm.			
17. Offer to gently massage the client’s arm.			
18. Record the client’s name and blood pressure on your notepad or assignment sheet. If the readings are different from the previous readings for the client, report this finding immediately to your supervisor.			
<b>Post-Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
19. Provide for safety and comfort.			
20. Place the call bell within reach.*			
21. Remove privacy measures if used.			
22. Clean all equipment that touched the client with the wipes. Return the cuff to the case or wall holder.			
23. Return the rest of the equipment to its proper place.			
24. Perform hand hygiene.			
<b>Report and Record</b> the blood pressure, the time of the day you took the blood pressure, and your observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			