

# How **NOT** to take Blood Pressure ...

By Dr Mac



Too rapid the drop of mercury may lead to FALSELY LOW Reading





**Rubber tubings placed outside of the arm do NOT detect BP properly - the big artery is NOT there.**





**Patient is not supposed to look at the pressure gauge - Excitement or worry makes BP to rise.**





A BP cuff placed **higher** than heart level gives **FALSELY** low BP





**Thick OR TIGHT clothing gives  
FALSELY LOW Blood Pressure !**





**Too tight the cuff gives FALSELY LOW Blood Pressure ! (aside from the thick clothings and wrong tube positioning!)**



For arms that are small usually among the

very thin ones, using normal-sized adult

blood pressure cuff can give

falsely low blood pressures too ...



NO  
Crossed  
knees



Auscultatory  
Gap



Kindly check which  
among these can occur  
at home..

Thank you.

DR MAC



# Using Battery-operated unit?

- \* Have BP results compared with your doctor's mercury-type, or calibrated aneroid sphygmomanometer in their clinic
- \* Are the results the same?
  - \* If markedly different, change battery
  - \* Still bad despite new battery,
    - \* → donate the unit to technical school for students' experimentation !@#\$\$!!

# Measuring BP •

BP should be measured twice, taken <sup>3</sup>5 min apart.

Patients should avoid eating or drinking for <sup>3</sup>30 min before measuring BP

Patients should be in a sitting position with both feet flat on the floor.

80% of the upper arm must be covered by the bladder of the BP cuff

If the cuff is too small, the BP reading will be artificially high (potentially leading to inappropriate treatment).

The patient's arm should be approximately at the level of the heart.

Before diagnosing a patient with hypertension, measure the BP in both arms.