

BLOOD PRESSURE MEASUREMENT (DIGITAL) PROCEDURE

Purpose: To ensure accurate measurement of blood pressure level.

Action to be performed by: A licensed health care provider or a person who has been trained by the school RN and successfully completed a skills checklist.

ACTION	POINTS OF EMPHASIS
1. Wash hands.	
2. Identify the student.	
3. Assemble the equipment: Digital blood pressure monitor with appropriate sized cuff (bladder should be at least 80% of the circumference of the arm)	3. A cuff that is too small will give a false-elevated reading
4. Explain procedure to student.	
5. Position the student's forearm at heart level with palm of hand turned up.	5. Holding the arm above the heart level produces false –low readings
6. Use thumb guide on cuff.	
7. Align the colored line with the middle finger. The air tube runs down the inside of the arm.	
8. Make sure the air tube plug is securely inserted into the main blood pressure unit.	
9. Place bottom of cuff ½ inch above bend in elbow.	
10. Press START/STOP button. The cuff starts to inflate immediately.	
11. When the measurement is complete, the arm cuff completely deflates. The blood pressure reading is displayed.	
12. Record the time and blood pressure reading on SIS and the Blood Pressure Log.	
13. Press START/STOP button to turn off blood pressure monitor.	
14. Report any variation from the expected reading as indicated by the health care provider to the school nurse for follow-up.	