

How To Measure Blood Pressure Correctly

1. Don't eat or drink 30 minutes before the test
2. Empty your bladder (go for a short call)
3. Sit in a comfortable chair with the back supported for at least 5 minutes before the test
4. Put both feet flat on the ground uncrossed
5. Rest your arm with the cuff on a table at chest height.
6. Place the cuff on bare skin firm but not tight. (Ensure the first 2 fingers fit under it)
7. Do not talk while your blood pressure is being measured

Source: St. Mary's Hospital MOPC.



SIGNATORIES

Name of staff(MO/NO/CO/COI/MIDWIFE/ ETC)

Name:

sign.....

Date:

Department in charge

Name:.....

sign.....

Date:

Nursing Officer in charge

Name:.....

sign.....

Date:

Hospital Administrator

Name:.....

sign.....

Date: