7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING

The common positioning errors can result in inaccurate blood pressure measurement. Figures shown are estimates of how improper positioning can potentially impact blood pressure readings.

**Sources:**

This 7 simple tips to get an accurate blood pressure reading was adapted with permission of the American Medical Association and The Johns Hopkins University. The original copyrighted content can be found at https://www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources.

**7 Simple Tips:**
1. **Put Cuff on Bare Arm**
   - Cuff over clothing adds 5–50 mm Hg
2. **Use Correct Cuff Size**
   - Cuff too small adds 2–10 mm Hg
3. **Support Arm at Heart Level**
   - Unsupported arm adds 10 mm Hg
4. **Support Back/Feet**
   - Unsupported back and feet adds 6.5 mm Hg
5. **Empty Bladder First**
   - Full bladder adds 10 mm Hg
6. **Don’t Have a Conversation**
   - Talking or active listening adds 10 mm Hg
7. **Keep Legs Uncrossed**
   - Crossed legs add 2–8 mm Hg

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