



Measure accurately

Quick start guide

Measuring blood pressure (BP) accurately in the clinical setting is critical to improving BP control. Here are some steps you can take to help incorporate evidence-based BP measurement techniques into your practice.

1

Assess how your health care organization currently measures BP

It is important to understand how you and your health care team currently measure BP in order to identify ways to improve. Use the following tools to help establish a baseline:



How Well Do You Measure?
Practice assessment



Measure accurately
Pre-assessment



Technique quick check
Tip: conduct monthly audit

2

Build your health care organization's knowledge in BP measurement



Watch the **measure accurately webinar** and receive CME or CE



Review our **library of on-demand webinars** for additional offerings. CME/CE options are available.



Host a journal club discussion on the **latest scientific evidence found in recent guidelines** and scientific statements.

- 3 Use BP measurement devices validated for clinical accuracy and calibrate when appropriate**



**US Blood Pressure
Validated Device Listing**

- 4 Train your care team on evidence-based BP measurement techniques**
Use the following tools to help train care team members on how to measure BP more accurately in the clinical setting:



BP positioning challenge



**Steps to accurately
measure BP**



**Achieving Accuracy:
BP Measurement Module**



BP measurement infographic
Tip: place in every exam room

To get the latest information from Target: BP, sign up for the [newsletter](#).