**How To Take A Blood Pressure Camp Handout**

Questions -

What do you think of when someone says they are going to take your blood pressure?

What do the results of a blood pressure measurement tell you?

What are the names of equipment used to take blood pressure?

**Facts on Blood Pressures**

* Go around the room and have students read each statement below and rephrase it in their own words

1. Blood pressure is an important indicator of a person’s health
2. The measurement shows how well the heart is working
3. Blood pressure is measured in millimeters of mercury (MM HG) and is recorded as a fraction (e.g. 120/80)
4. There are 2 parts of blood pressure:: the systolic measurement and the diastolic measurement
5. In the ***systolic phase,*** which is the top number of the blood pressure reading, the heart is at work, contracting and pushing the blood from the left ventricle of the heart. The reading shows the pressure on the walls of the arteries as blood is pumped through the body. The normal range for systolic blood pressure is below 120 mm Hg.
6. The second measurement reflects the ***diastolic phase***, which is the bottom number of the reading. This phase is when the heart relaxes.The diastolic measurement is always lower than the systolic measurement. It shows the pressure in the arteries when the heart is at rest. The normal range for adults is below 80 mm Hg.
7. People with consistently high blood pressure or hypertension, have elevated systolic and/or diastolic blood pressures. In late 2017, the American Heart Association and American College of Cardiology released a new joint guideline for blood pressure. A systolic reading of 130 mm Hg or higher or a diastolic reading of 80 mm HG or higher is now considered high blood pressure. Previously a person was considered to have high blood pressure when the blood pressure reading was 140/90 or above. Systolic and diastolic readings do not both have to be high for a reading to be considered high. A systolic reading of 130 mm Hg or higher or a diastolic reading of 80 mm HG or higher should be reported.
8. Blood pressure that is too low (less than 90/60) is called hypotension. A loss of blood or slowed blood flow can cause hypotension, Which ca be life-threatening if not corrected.
9. Blood pressure is affected by many factors. These include aging, exercise, stress, pain, medication, illness, obesity, alcohol intake, tobacco products, and the volume of blood in circulation.
10. Blood pressure is measured with either a manual or digital sphygmomanometer.
11. When measuring blood pressure, the first sound heard is the systolic pressure (top number).
12. When the sound changes to a soft muffled thump or disappears, this is the diastolic pressure (bottom number)
13. Blood pressure should not be measured on an arm that has an IV, a dialysis shunt, or any medical equipment.
14. It is important to use a cuff that is the correct size when measuring blood pressure. Available sizes for adults include small adult, and adult large and there are cuffs for infants and children as well.

Steps for Measuring and Recording Blood Pressure (one-step method)

1. Identify yourself and your patient
2. Wash your hands
3. Explain the procedure
4. Provide privacy
5. Wipe the stethoscope diaphragm and ear pieces with alcohol
6. Ask the patient to roll up their sleeves so that his upper arm is exposed. Do not measure blood pressure over clothing
7. Position the resident’s arm with the palm up. The arm should be level with the heart.
8. With the valve open, squeeze the cuff to make sure it is completely deflated.
9. Place the blood pressure cuff snugly on the resident’s upper arm. The center of the cuff with the sensor/arrow is placed over the brachial artery (1 to 1 ½ inches above the elbow) toward the inside of the elbow
10. Locate the brachial pulse with your fingertips.
11. Place the earpieces of the stethoscope in your ears.
12. Place the diaphragm over the brachial artery.
13. Close the valve (clockwise)until it stops. Do not overtighten it.
14. Inflate the cuff to between 160 mm HG to 180 mm HG. If a beat is heard immediately upon cuff deflation, completely deflate the cuff. Wait 5 minutes and inflate the cuff to no more than 200 mm HG.
15. Open the value slightly with the thumb and index finger. Deflate the cuff slowly. Releasing the valve slowly allows you to hear beats accurately
16. Watch the gauge and listen for the sound of the pulse
17. Remember the reading at which the first pulse sound was heard. Thai is the diastolic pressure.
18. Continue listening for a change or muffling of the pulse sound. The point of change or the point at which the sound disappears is the diastolic pressure. Remember this reading.
19. Open the valve to deflate the cuff completely. Remove the cuff.
20. Wash your hands.
21. Immediately record the reading
22. An orthostatic BP measurement is where the client has their BP taken lying down then they sit up. Wait two minutes and take it again and then have them stand and wait 2 minutes and take it. Report all three measures. Sometimes people have a blood pressure drop which causes dizziness when they stand.

Activities

1. Watch the following you tube video on taking a blood pressure

<https://www.youtube.com/watch?v=Gmic13mvsgo>

1. Practice taking the blood pressure on the fake arm
2. Practice taking blood pressure on each other

**Conclusion:**

1. Write a mini 5 minute paper listing things you learned. Be prepared to share it with the big group.
2. How do you think you might treat high blood pressure?
3. What do you think can happen if high blood pressure is not treated well?