



## BLOOD PRESSURE MEASUREMENT PROTOCOL

1. Ensure participant has been resting/sitting for at least 5 minutes prior to having their blood pressure measured.
2. Participant must sit down in a chair at a table in a relatively quiet place with **feet flat** on the ground and legs at **90 degree angle**.
3. Start with right arm resting on a firm surface. It is very important that participant's arm is supported so that the cuff around the arm is at the same level as the participant's heart.
4. Participant's arm may need to be supported with books to make sure it is at the correct height. Ensure that the arm is totally relaxed and not tensed.
5. Wrap the blood pressure cuff snugly around participant's upper arm, positioning it so that the lower edge of the cuff is 1 inch above the bend of the elbow.
6. The deflated cuff needs to be tight, but not too tight (should be able to insert two fingers between it and the skin).
7. Advise participant to **stay still** and **remain silent** during the reading since moving and talking can affect the reading.
8. Start the machine.
9. Take three readings each about **3-5 minutes** apart. **The first reading should be the left arm and the 2<sup>nd</sup> and 3<sup>rd</sup> readings should be the right arm.** When recording the readings, take the average of the second and third systolic and diastolic reading. If the average reading is  $\geq 140 / \geq 90$ , the participant, the individual meets the initial requirements for the study.
10. Record the readings on the screening tool. Make sure you keep accurate records – some people are tempted to round the numbers up or down, or to record a lower blood pressure. This can affect the treatment and therefore the long-term risk of stroke and heart attack.
11. Blood pressure is measured using Omron HEM-712C automatic blood pressure monitors. Batteries are changed regularly to ensure accurate measurements

## FOLLOW UP

For all criteria, patients may see their own physicians. Otherwise they will be given a referral by a Community Health Worker and will receive Kalusugan Coalition's referral directory which lists various health providers they can see.

BLOOD PRESSURE – ASYMPTOMATIC PATIENTS			
SYSTOLIC (mmHg)	DIASTOLIC (mmHg)	Blood Pressure CLASSIFICATION**	RECOMMEND
<120	<80	NORMAL	Recheck in 2 years
120-139	Or 80-89	PRE-HYPERTENSION	Recheck in 1 year
140-159	Or 90-99	STAGE 1 HYPERTENSION	Confirm within 2 months
≥160	≥100	STAGE 2 HYPERTENSION	Evaluate or refer to source of care within 1 month. For those with higher pressures (e.g., >180/110 mmHg), evaluate and treat immediately or within 1 week depending on clinical situation and complications.