



PA Clinical Network

AT THE PENNSYLVANIA MEDICAL SOCIETY

Importance of Correct Blood Pressure Measurement

Accurate measurement of blood pressure is important as it will provide more exact results for the patient which is vital in the prevention and treatment of blood-pressure related diseases. Too small/too large/incorrect placement of a cuff will provide inaccurate readings.

TIPS

- Have the patient rest in a chair for about 5 minutes before taking the measurement
- Make certain the blood pressure cuff is the correct size for the patient (the cuff should encircle 80% of the patient's arm – use the index line to determine the range)
- Ask the patient to sit in a chair with their back supported and feet flat on the floor
- The patient's arm should be supported and the elbow at heart level
- The cuff should be placed on bare skin and not over a shirt/sweater
- The cuff should be positioned over the patient's upper arm
- The patient should not talk during the measurement
- Inflate the cuff to 30 mm Hg above the point where the radial pulse disappears
- Deflate the cuff 2mm to 3mm Hg per second
- Do NOT re-inflate the cuff during the process
- If you need to take the blood pressure again, you need to wait at least 2 minutes apart
- If the reading is high ($\geq 140/90$), re-check the blood pressure at the end of the visit and document the new reading
- **CPT II Codes:**
 - Systolic <130 – 3074F
 - Systolic 130-139 – 3075F
 - Systolic ≥ 140 – 3077F
 - Diastolic <80 – 3078F
 - Diastolic 80-89 – 3079F
 - Diastolic ≥ 90 – 3080F

Sources:

www.heart.org

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