

You will get wrong BP readings
if you do not take care of these few points

BP RIGHT KARO



GOOD PEOPLE
for GOOD HEALTH

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Use correct
Cuff size

Cuff too small adds
2-10 mm Hg



Put cuff on
Bare arm

Cuff over clothing
adds 5-50 mm Hg



Don't have a
Conversation

Talking or active
listening adds
10 mm Hg



Support
Back/feet

Unsupported back
and feet adds
6.5 mm Hg



Empty
Bladder first

Full bladder adds
10 mm Hg



Keep legs
Uncrossed

Crossed legs add
2-8 mm Hg



Support arm
At heart level

Unsupported arm
adds 10 mm Hg



Reference: //www.heart.org/en/news/2020/05/2020/05/22/how-to-accurately-measure-blood-pressure-at-home | Netherlands J Med 2004; 62:297-303 | BMJ 2001; 322: 981-5

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