

## TOOL 7

### **BLOOD PRESSURE PROCEDURES**

1. Have CAF personnel sit for five minutes with their back against the chair rest, feet flat, legs and ankles uncrossed, and their left arm comfortably supported.
2. Ensure the CAF personnel's clothing does not impede blood flow. Ask CAF personnel to change their shirt if required.
3. Choose an appropriately sized blood pressure cuff and apply it to the CAF personnel's left arm.
4. Place the cuff around the bare left upper arm with the lower margin two or three centimetres above the antecubital space (bend of the elbow), with the upper edge of the cuff level with the heart.
5. Wrap the cuff evenly around the arm, tightly enough that you can slip two fingertips under the cuff's top edge.

#### **Manual BP Procedures for PSP Evaluators or Trained Health Care Staff:**

1. Locate and note the brachial artery and the antecubital space by palpation.
2. Position the stethoscope in your ears with the earpiece pointing forward.
3. Locate the radial artery.
4. Close the valve on the air pump by turning the thumbscrew in a clockwise direction until it is tight.
5. Inflate the cuff quickly until the radial artery pulse can no longer be felt. Continue to inflate the cuff to a level **20 to 30 mmHg above** the level of the radial pulse (normally not above 180 mm Hg).
6. Quickly position the diaphragm of the stethoscope over the brachial artery. Apply a minimum amount of pressure on the diaphragm of the stethoscope so as not to distort the artery. The diaphragm should be in complete contact with the skin. The stethoscope should not touch the cuff or its tubing.
7. Release the cuff pressure at a rate of approximately **2 mmHg per second**.
8. Establish the systolic BP by listening for the first perception of sound (Korotkoff sound).
9. Note the exact numerical line on the scale where you hear this sound.
10. Establish the diastolic BP when the sounds stop their tap-like quality and are fully muffled.
11. Deflate the cuff to zero pressure and remove it from the CAF personnel's arm.

**Automatic BP Procedures:**

1. Instruct the CAF personnel to sit very still and to not move their arm, hand, fingers or body during the measurement of their BP. Any movement could produce a false measure of BP or prevent the automatic blood pressure machine from reading BP.
2. Press the button to start the machine.
3. Once the automatic blood pressure machine has finished measuring the CAF personnel's BP, remove the cuff from the CAF personnel's arm.

**NOTE: Consult the Automatic BP user manual for any error messages.**

A CAF personnel whose pre-evaluation BP is between 141 / 91 mm Hg and 150 / 100 mm Hg is permitted to perform the FORCE Evaluation without restrictions.

The FORCE Evaluator will advise the CAF personnel that their BP reading is slightly above the normal range and will encourage them to consult with their Health Care Provider.

Verbally tell the CAF personnel that there is no cause for alarm and that consulting a Health Care Provider serves as a simple safety precaution.