Measurement of Blood Pressure

Experiment 18 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To measure resting blood pressure using the institution-approved device and method.

Principle

Blood pressure is recorded as systolic over diastolic pressure in mmHg. Cuff size, posture, rest, movement and technique affect the reading.

Key Points

- Use an appropriately sized validated upper-arm cuff.
- Allow quiet seated rest and support the back, feet and arm at heart level.
- Record arm, device, cuff and repeated readings.
- A screening measurement does not alone establish a diagnosis.

Activity Procedure

1. Prepare

Explain the activity and check for reasons to defer it; arrange seated rest.

2. Position

Place the cuff on a bare supported upper arm using the device instructions.

3. Measure

Use the validated automatic method or supervised manual auscultatory method; avoid conversation and movement.

4. Repeat

Repeat at the specified interval and record each reading without rounding to a preferred value.

5. Interpret

Use the institution's assessment protocol, symptoms and repeat readings to decide whether review is needed.

Record and Observations

Field	Reading 1	Reading 2
Arm / cuff / device	_____	_____
Systolic, mmHg	_____	_____
Diastolic, mmHg	_____	_____
Pulse / symptoms	_____	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Viva Questions and Answers

1. Why does cuff size matter?

An unsuitable cuff can bias the measurement.

2. What do Korotkoff sounds indicate?

Flow-related sounds used in manual pressure measurement; the defined first and disappearance phases guide readings.

3. Can one reading diagnose hypertension?

Routine diagnosis requires an appropriate repeated assessment, with urgent evaluation when symptoms or severe readings indicate it.

First Hope

COMPLETE NOTES

Click here to visit our website

PHARMACY PRACTICAL NOTES

Complete subject and semesters are available on FirstHope app only.

Scan or click here

Click here to get the app >

Available on Google Play

JOIN THE FIRSTHOPE COMMUNITY

Join our Telegram channel

Click here to join Telegram >

Scan or click here

@FirstHopeNotes

Instagram

@firsthope.official

Click here to follow >

YouTube channel

FirstHope-Pharmacy / Live streams

Click here to watch >

WhatsApp channel

Follow FirstHope on WhatsApp

Click here to join >

FirstHope website

firsthope.co.in

Click here to visit >

B.Pharm / D.Pharm / M.Pharm / Pharm.D

Complete subjects and semesters are available in the FirstHope app.