

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- NO SMOKING
- NO EXERCISE
- NO CAFFEINATED BEVERAGES
- NO ALCOHOL

REST FOR AT LEAST 5 MINUTES. SIT CALMLY AND DON'T TALK.

WHILE YOU PREPARE TO TAKE YOUR BLOOD PRESSURE:

- RELAX.
- DON'T TALK.
- REST YOUR ARM COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL.
- SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
- KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

RIGHT BEFORE:

- PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.
- WRAP IT AGAINST YOUR BARE SKIN, NOT OVER CLOTHING.

USE A PROPERLY CALIBRATED AND VALIDATED DEVICE. CHECK THE CUFF SIZE AND FIT.

TAKE AT LEAST TWO READINGS 1 MINUTE APART IN THE MORNING BEFORE TAKING MEDICATIONS, AND IN THE EVENING BEFORE GOING TO BED. RECORD ALL RESULTS.

(IF YOU NOTICE THAT ONE ARM SHOWS A HIGHER READING THAN THE OTHER, USE THE ARM WITH THE HIGHER READING.)

American Heart Association recommended blood pressure levels

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120



* WAIT A FEW MINUTES AND TAKE BLOOD PRESSURE AGAIN.

* IF YOUR BLOOD PRESSURE IS STILL HIGH AND THERE ARE NO OTHER SIGNS OR SYMPTOMS, CONTACT YOUR HEALTH CARE PROFESSIONAL IMMEDIATELY.

* IF YOU ARE EXPERIENCING SIGNS OF POSSIBLE ORGAN DAMAGE, SUCH AS CHEST PAIN, SHORTNESS OF BREATH, BACK PAIN, NUMBNESS/WEAKNESS, CHANGE IN VISION OR DIFFICULTY SPEAKING, CALL 911.

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Blood Pressure Technique Simplified Classic

William Henry Cowing



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Cowing,2023-07-18 A concise and practical guide to measuring blood pressure accurately and with minimal discomfort to patients The book explains the importance of blood pressure monitoring the different methods of measurement and provides step by step guidance on performing the technique effectively This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant **Classical and Modern Engineering Methods in Fluid Flow and Heat Transfer** Abram Dorfman,2012-02-26 This book presents contemporary theoretical methods in fluid flow and heat transfer emphasizing principles of investigation and modeling of natural phenomena and engineering processes It is organized into four parts and 12 chapters presenting classical and modern methods Following the classical methods in Part 1 Part 2 offers in depth coverage of analytical conjugate methods in convective heat transfer and peristaltic flow Part 3 explains recent developments in numerical methods including new approaches for simulation of turbulence by direct solution of Navier Stokes equations Part 4 provides a wealth of applications in industrial systems technology processes biology and medicine More than a hundred examples show the applicability of the methods in such areas as nuclear reactors aerospace crystal growth turbine blades electronics packaging optical fiber coating wire casting blood flow urinary problems and food processing Intended for practicing engineers and students the book balances strong formulation of problems with detailed explanations of definitions and terminology Author comments give attention to special terms like singularity order of magnitude flow stability and nonisothermicity characteristics More than 400 exercises and questions are offered many of which divide derivations between you and the author For these exercises the author describes the solution method and the results in the text but you are directed to complete specific portions of the solutions You then have a choice to accept the results or to further explore the underlying problem Extensive references are provided for further study XII Mediterranean Conference on Medical and Biological Engineering and Computing 2010 Nicolas Pallikarakis,Panagiotis D. Bamidis,2010-05-28 Over the past three decades the exploding number of new technologies and applications introduced in medical practice often powered by advances in biosignal processing and biomedical imaging created an amazing account of new possibilities for diagnosis and therapy but also raised major questions of appropriateness and safety The accelerated development in this field alongside with the promotion of electronic health care solutions is often on the basis of an uncontrolled diffusion and use of medical technology The emergence and use of medical devices is multiplied rapidly and today there exist more than one million different products available on the world market Despite the fact that the rising cost of health care partly resulting from the new emerging technological applications

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 - Chapter 4: Blood Pressure Technique Simplified Classic in Specific Contexts
 - Chapter 5: Conclusion
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