

INSTRUCTIONS FOR THE SITTING BLOOD PRESSURE (SBP) FORM

Ver. 1, 9/18/2014

I. General Instructions

The Sitting Blood Pressure Form is completed during the participant's clinic visit. The technician must be certified in measurement of blood pressure. It is preferable to measure blood pressure early in the course of the examination visit, but study protocol allows for measuring the sitting blood pressure at any point during the foiled center examination in order to facilitate the examination flow. There should be no exertion, smoking or exposure to cold for half an hour before recording blood pressure. The temperature in the examination room should feel comfortable to the participant (who may be wearing scrubs or light clothing). It is also important that the subject be allowed to relax during the five minute rest period prior to taking the measurements and avoid changes of posture during this time. A more detailed description of the procedures is found in HCHS/SOL MOP 2 (Visit 2 Examination).

II. Detailed Instructions for each Item

- 0a. Enter the date on which the participant was seen in the clinic.
- 0b. Enter the staff ID for the person who completed this form.
- 1. Explain to the participant that you will measure their blood pressure three times after a five minute rest. Explain that there should be no talking during this time to avoid affecting the blood pressure levels, and that the blood pressure results will be printed and delivered at the end of the exam visit, during an exit interview to allow for questions.

Indicate that you will first measure their upper arm circumference to determine the appropriate cuff size for the blood pressure measurements that will follow. The **right** arm is preferred, if possible. Ask the participant if there is any medical reason that he/she cannot have a blood pressure measurement taken on the right arm. At the same time, examine the arm for open lesions, rashes, hematomas, etc. If the participant has just had blood drawn from the right arm the blood pressure measurement should be postponed for one hour as a safety precaution. Based on the participant's response and your observation check the appropriate response for the arm selected on the form, and then proceed with measurement of the designated arm.

- 2. The arm circumference is measured at the midpoint between the tip of the elbow and the posterior tip of the shoulder as indicated in the Blood Pressure section, Manual 2. Arm circumference is measured to the nearest centimeter, rounding *down*.
- 3. Cuff size is determined by the arm circumference measurement in item 2. The appropriate size for a given arm circumference is given below, and also appears on the form itself.

Select the OMRON cuff size that matches the measured arm circumference in cm as follows:

Small (CS19) = 17.0 to 21.5; **Adult** (CR19) = 22.0 to 31.5; **Large** (CL19) = 32.0 to 41.5;
X-Large (CX19)= 42.0 to 50.0+]

- Small {CS19} 1
- Adult {CR19} 2
- Large {CL19} 3
- X Large {CX19} 4

Examples: Arm circumferences that are measured as 31.3, or 31.5, 31.8 or 31.9 cm would *all* recorded on the form as 31 cm, which then indicates that an Adult cuff is selected.

4. Instruct the participant to sit quietly, without changing his/her posture, while keeping both feet flat on the floor, for five minutes, while you step out of the room. Start a timer, and return promptly after 5 minutes have elapsed. After the participant has sat quietly for five minutes, enter the time (24-hour format). A five minute wait must precede the first blood pressure measurement.

B.-D. First, second, third blood pressure / pulse rate

Measure and record systolic and diastolic blood pressures as described in the Manual of Procedures. Right justify, using leading zeroes if necessary.

E. Average blood pressure / pulse rate

These items are calculated automatically by the OMRON system.

Thank the participant and escort him/her to the next examination or interview on the schedule.