

- Allow the patient to sit quietly for two minutes before measurement
- Use the proper size cuff; if two cuff sizes fit, use the larger one.
- Place the cuff on a bare arm.
- Position the artery marker over the brachial artery.
- Apply the cuff snugly, allowing room for no more than two fingers between cuff and arm.
- Support the patient's back and feet; keep legs uncrossed.
- Keep the upper arm at heart level with the lower arm passively supported (e.g., resting on lap).
- Keep the arm still during the measurement cycle.
- Do not talk to the patient while taking a blood pressure reading.

Sources of measurement error or variance.

Activity	Impact on Systolic Pressure (mmHg)	Variance Direction
Cuff too small ^{2,4,6,7,8,10,12,14,15,16,18,19}	10-40	▲
Cuff over clothing ^{10,16,18}	10-40	▲ or ▼
Back/feet unsupported ^{3,18}	5-15	▲
Legs crossed ^{1,5,9,16,17,18}	5-8	▲
Not resting 3 to 5 minutes ^{2,10,16,18,19,20}	10-20	▲
Patient talking ^{2,10,11,16,17,18}	10-15	▲
Labored breathing ^{16,18}	5-8	▲
Full bladder ^{13,16,18}	10-15	▲
Pain ¹⁶	10-30	▲
Arm below heart level ^{2,10,13,16,17,18}	1.8/inch	▲
Arm above heart level ^{10,13,16,17,18}	1.8/inch	▼

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