Tips for Obtaining Accurate BP Readings on your ADView® 2

- 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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Impact on Systolic Pressure (mmHg)</th>
<th>Variance Direction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cuff too small</td>
<td>10-40</td>
<td>5-15</td>
</tr>
<tr>
<td>Cuff over clothing</td>
<td>10-40</td>
<td>5-8</td>
</tr>
<tr>
<td>Back/feet unsupported</td>
<td>10-20</td>
<td>5-15</td>
</tr>
<tr>
<td>Legs crossed</td>
<td>10-15</td>
<td>5-8</td>
</tr>
<tr>
<td>Not resting 3 to 5 minutes</td>
<td>10-15</td>
<td>5-15</td>
</tr>
<tr>
<td>Patient talking</td>
<td>10-30</td>
<td>1.8/inch</td>
</tr>
<tr>
<td>Labored breathing</td>
<td>1.8/inch</td>
<td></td>
</tr>
<tr>
<td>Full bladder</td>
<td>1.8/inch</td>
<td></td>
</tr>
<tr>
<td>Pain</td>
<td>1.8/inch</td>
<td></td>
</tr>
<tr>
<td>Arm below heart level</td>
<td>1.8/inch</td>
<td></td>
</tr>
<tr>
<td>Arm above heart level</td>
<td>1.8/inch</td>
<td></td>
</tr>
</tbody>
</table>

References