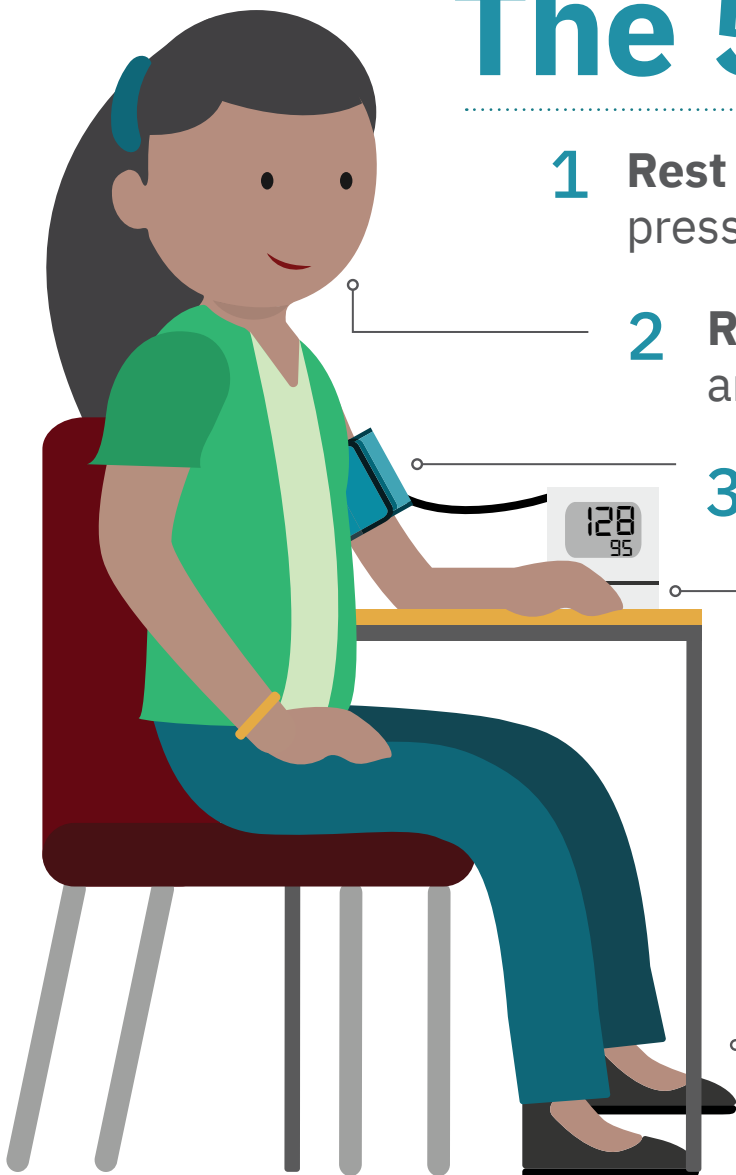




Accurate Blood Pressure Measurement for Patients

The 5 R's



1 Rest for 5 minutes before blood pressure reading

2 Refrain (avoid) talking while resting and during blood pressure reading

3 Remove upper arm clothing

4 Rest arm on supported surface at heart level

5 Rest feet flat on floor in seated position

▶ **TAKE 2 BLOOD PRESSURE READINGS 1 MINUTE APART**

▶ **GOAL BLOOD PRESSURE IS LESS THAN 130/80**