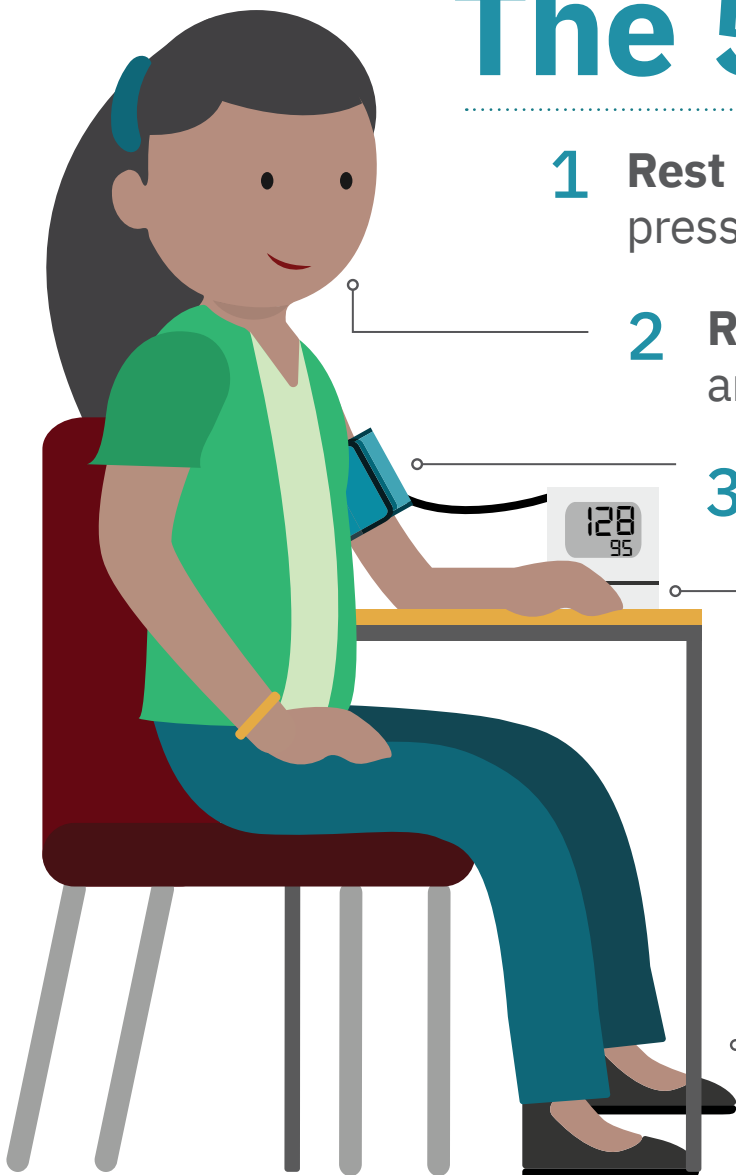




# Accurate Blood Pressure Measurement for Patients

## 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 with cuff 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**