

CNS-Q-01 —BLOOD PRESSURE MEASUREMENTS

Sitting Blood Pressure Measurements

- All measurements should be taken with a mercury sphygmomanometer, oscillometric device or validated automatic BP monitor.
- Measurements should ideally be taken in the morning, before medications and before any meals.
- Ensure the patient did not drink coffee, smoke, or exercise within 30 minutes prior to the readings.
- Have the patient sit comfortably for several minutes in a quiet room, with back supported and feet flat on the ground (legs not crossed).
- Ensure that the BP cuff is appropriately sized (cuff bladder encircling >80% of the arm; standard bladder 12-13 cm long, 35 cm wide)
- Have the cuff at the heart level, arm has to be supported.
- At baseline, measure BP in each arm. Use the arm with the higher BP for measurements.
- Measure BP at least 3 times, with the patient sitting quietly 1-2 minutes between each reading.
- If the readings are not consistent (within ~10 mmHg), take additional measurements.
- Record 3 consistent readings.
- Measure heart rate by pulse palpation (30 s) after the last measurement in the sitting position.

Orthostatic Hypotension Evaluation

- Have the patient lie supine for 5-10 minutes prior to the supine BP measurement.
- Record supine BP measurement.
- Measure BP 1 minute and 3 minutes after assumption of the standing position.
- Record 1 minute and 3 minutes standing BP measurements.