

Appendix 1

Procedural Rubric for Blood Pressure Measurement

	Y/N
Sphygmomanometer Set-Up	
palpates for brachial pulse	-----
appropriate-sized cuff	-----
cuff is smoothly and snugly around the upper arm	-----
cuff was on skin not over clothing	-----
cuff is 1 (one) inch above the antecubital fossa	-----
centre of the bladder is over the brachial artery	-----
Stethoscope Set-Up	
place the ear pieces into ears - ear pieces pointing forward	-----
stethoscope head is 'turned' on	-----
Measurement	
use the diaphragm side of the stethoscope for measurement	-----
stethoscope diaphragm placed over brachial artery	-----
stethoscope diaphragm must make solid contact with arm	-----
subject's arm is straight	-----
arm supported at heart level	-----
shut pressure valve and inflated cuff to 30 mmHg above estimated SBP [*]	-----
released air 2-4 mmHg per second or per heart beat	-----
SBP is the point at which the first of two or more sounds is heard (phase 1)	-----
DBP [†] is the point before the disappearance of sounds (phase 5)	-----
after obtaining the diastolic reading, deflated cuff rapidly and completely	-----
reported the blood pressure reading in even numbers (e.g. 124/84 mmHg)	-----

^{*}SBP- systolic blood pressure; [†]DBP- diastolic blood pressure