Fidelity Checklist for Blood Pressure Measurements with Digital Blood Pressure Monitors

☐ Establish a measurement area that is away from loud noises.

☐ Check all equipment before measurements begin.

☐ Ask Athlete if they have smoked in the past 30 minutes. If yes, then have the Athlete wait 30 minutes before you conduct your measurements.

☐ Ask Athlete if they have eaten in the past 30 minutes. If yes, then have the Athlete wait 30 minutes before you conduct your measurements.

☐ Ask Athlete if they have participated in any physical activity in the past 30 minutes. If yes, then have the Athlete wait 30 minutes before you conduct your measurements.

☐ If the Athlete seems stressed, allow them to settle down for at least 10 minutes.

☐ Have athlete remove any outer layers (coats, sweatshirt or sweaters) that may interfere with measurement.

☐ Make sure Athlete’s arm is at heart level.

☐ Look to ensure that Athletes do not cross legs or feet.

☐ Make sure Athletes’ feet remain on the floor.

☐ Check to see if the correct size blood pressure monitor cuff is used.

☐ Make sure the tubing of the monitor is facing towards you and is at the center of the monitor.

☐ Fill out measurement form completely.