

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.