

Best Practices for Measuring Blood Pressure and Corresponding Values for Clinic and Out-of-Office Measurements

Best Practices for Measuring Blood Pressure

- Patient should be seated with feet flat on the floor
- Have patient relax for 5 min
- Patient should avoid caffeine, smoking, and exercise for 30 min
- Remove patient's clothing covering cuff placement
- Support patient's arm (heart level)
- Neither the patient nor clinician should speak during measurement

Corresponding Values of SBP/DBP for Clinic and Out-of-Office Measurements (mmHg)

Clinic	HBPM ^a	Daytime ABPM ^b	Nighttime ABPM ^b	24-H ABPM ^b
120/80	120/80	120/80	100/65	115/75
130/80	130/80	130/80	110/65	125/75
140/90	135/85	135/85	120/70	130/80
160/100	145/90	145/90	140/85	145/90

^aHome-based blood pressure measurements

^bAmbulatory blood pressure monitoring.