



## Recommendations for Accurate Blood Pressure Measurements

- Record and document the patient's blood pressure (BP) at every office visit.
- Retake the BP if it is high (140/90 or greater). Our payers accept the lowest systolic and diastolic readings in a given day, and the second reading is often lower.
- If possible, retake the patient's BP at the end of their visit if it is elevated.
- If initially elevated, let the patient sit for a few minutes; consider dimming the lights to create a calmer environment.
- Select a correctly-sized BP cuff and ensure the patient is in a comfortable position (see figure below)



This figure displays the AMA's estimated impacts of improper positioning on the accuracy of BP readings.