

The Magical Mila Foundation

6 CONSIDERATIONS WHEN MEASURING BP IN CHILDREN

1. Is the child calm and quiet?

If not give them a few minutes before checking BP. Recommended is 3-5 minutes of calming time. Pacifiers, lollipop or video distraction may be needed. There is no sense in taking a BP in a struggling or crying child.

2. Are the child's back and feet supported?

Make sure that the child is sitting comfortably in the chair OR in parent's lap if less than 2 yrs of age. This is not applicable to neonates. For younger children don't forget the foot rest. (You don't want their foot dangling in mid-air!)

3. ALL Blood pressures should be taken in right upper arm, unless MD specifically requests otherwise.

4. Remove all clothing on the arm OR roll up the sleeve, as this can interfere with BP measurements.

Cuff should be in contact with skin.

5. Choose the appropriate size cuff!

When in doubt measure the mid arm circumference with a measuring tape and use the cuff closest to it. Remember that width of the cuff should cover 2/3 of the length from the elbow to shoulder. And, the length of the bladder should cover 80-100% of the arm circumference.

6. Keep the arm at the heart level when the BP is taken.

COMFORT POSITIONING



Cradle position

Swaddle everything but the arm.



Chest to chest

- Other arm secured under caregiver's elbow to prevent reaching.
- Legs wrapped around caregiver.