

6 CONSIDERATIONS WHEN MEASURING BP IN CHILDREN

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!)

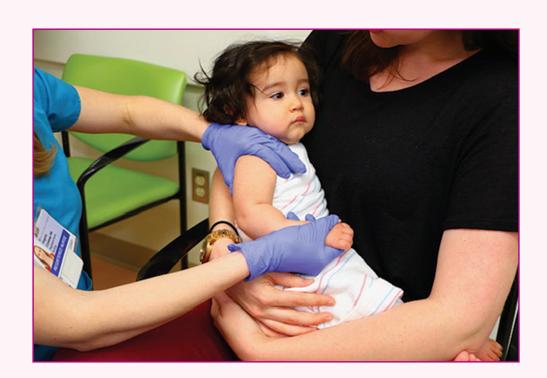
- 3. ALL Blood pressures should be taken in right upper arm, unless MD specifically requests otherwise.
- 4. Remove all clothing on the arm OR roll up the sleeve, as this can interfere with BP measurements.

 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.

