### Introduction

1. Wash your hands and don PPE if appropriate
2. Introduce yourself to the patient including your name and role
3. Confirm the patient’s name and date of birth
4. Briefly explain what the procedure will involve using patient-friendly language
5. Gain consent to proceed with lying and standing blood pressure measurement
6. Ask the patient to lie on the examination couch for at least five minutes before continuing

### Lying blood pressure

7. Check that the blood pressure cuff size is appropriate for the patient’s arm and that it is fully deflated
8. Confirm the location of the brachial artery by palpating medial to the biceps brachii tendon and lateral to the medial epicondyle of the humerus
9. Wrap the blood pressure cuff around the patient’s upper arm, lining up the cuff marker with the brachial artery
10. Ensure the valve on the blood pressure cuff is closed
11. Palpate the patient’s radial pulse, located at the radial side of the wrist, with the tips of your index and middle fingers aligned longitudinally over the course of the artery
12. Inflate the blood pressure cuff until you can no longer feel the patient’s radial pulse. Note the reading on the sphygmomanometer at the point at which the radial pulse becomes palpable. This reading is an approximate estimate of the patient’s systolic blood pressure.
13. Open the valve and deflate the blood pressure cuff
14. Close the valve on the blood pressure cuff
15. Position the diaphragm of your stethoscope over the brachial artery
16. Re-inflate the cuff 20-30 mmHg above the systolic blood pressure you previously estimated
17. Then slowly deflate the cuff at around 2-3 mmHg per second
18. Identify the first Korotkoff sounds (systolic blood pressure) and fifth Korotkoff sounds (diastolic blood pressure)

### Standing blood pressure

19. Ask the patient to stand and inform you if they experience any symptoms (e.g. dizziness, light-headedness, visual disturbance)
20. Measure the blood pressure within the first minute of standing by auscultating over the brachial artery, using the same technique as before
21. Measure the blood pressure after three minutes of standing
22. If blood pressure is dropping, continue to repeat the blood pressure measurements
23. Remove the blood pressure cuff from the patient
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<td>Explain to the patient that the procedure is now complete</td>
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<td>Discuss the lying and standing blood pressure results with the patient, including any further steps that may need to occur</td>
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<td>Thank the patient for their time</td>
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<td>Dispose of PPE appropriately and wash your hands</td>
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<td>28</td>
<td>Document the lying and standing blood pressure recording and any symptoms in the patient’s notes</td>
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