

# HOW TO MEASURE BLOOD PRESSURE

Bases on British Heart Foundation & NICE guidelines

by Roger Kerry

## 1 SIT COMFORTABLY

Loose fitting clothing, back supported, stable environment. Do not cross legs. Wait 5 minutes and then support arm at level of heart (4th intercostal space).

## 2 BLOOD PRESSURE MONITOR

Use properly validated, maintained and calibrated device. BHF have list of recommended automatic devices. Check brachial and radial pulse. If pulse irregularity present, then measure using direct auscultation over brachial artery.

## 3 PLACING CUFF

Ensure correct cuff size for person's arm. Fit cuff about 1" above elbow joint. Tighten cuff so can just fit 2 finger-tips. Ensure same tightness at top and bottom. Ensure cuff indicator lines-up with brachial pulse.

## 4 STAY STILL

Do not move or talk during the reading. Repeat if necessary after 2 minutes.

## 5 KNOW YOUR BASELINES

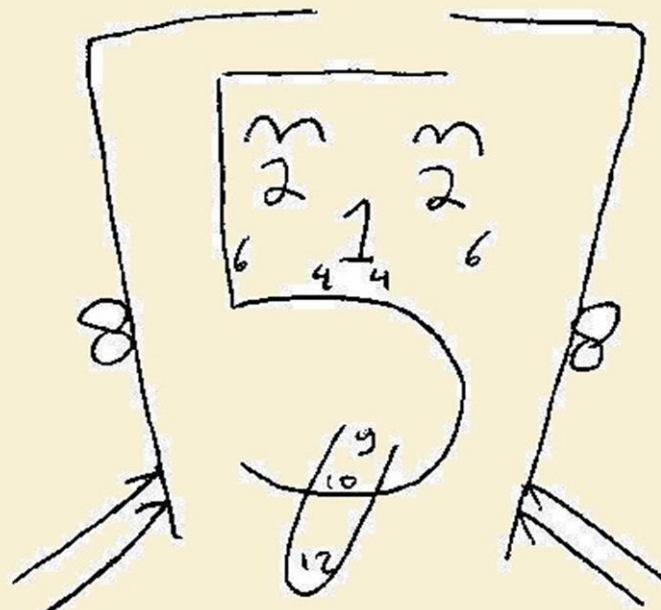


If the clinic blood pressure is 140/90 mmHg or higher, offer ambulatory blood pressure monitoring to confirm the diagnosis of hypertension (NICE).

# CRANIAL NERVES

this should be a simple, two minute screening examination

The Cranial Nerves			
Nerve Number and Name	Composition	Some Functions	
I Olfactory	Sensory only	Olfaction (smell)	
II Optic	Sensory only	Vision	
III Oculomotor	Motor and sensory	Serves muscles of the eye	
IV Trochlear	Motor and sensory	Serves the superior oblique eye muscle	
V Trigeminal	Motor and sensory	Sensory from face and mouth; motor to muscles of mastication (chewing)	
VI Abducens	Motor and sensory	Serves the lateral rectus eye muscle	
VII Facial	Motor and sensory	Serves the muscles of facial expression, lacrimal glands, and salivary glands	
VIII Vestibulocochlear	Sensory only	Equilibrium and hearing	
IX Glossopharyngeal	Motor and sensory	Serves the pharynx (throat) for swallowing, posterior third of tongue, parotid salivary gland	
X Vagus	Motor and sensory	Sensations from visceral (internal) organs, and parasympathetic motor regulation of visceral organs	
XI Accessory	Motor and sensory	Serves muscles that move head, neck, and shoulders	
XII Hypoglossal	Motor and sensory	Serves muscles of the tongue	



- Smell and see ..... 1 & 2
- And look around ..... 3, 4, & 6
- Pupils large and small ..... 3
- Clench your teeth ..... 5
- Smile and hear ..... 7 & 8
- Then say ah-h-h ..... 9
- And see if you can swallow ..... 10
- If you are left in doubt,
- Shrug and stick your tongue right out ..... 11 & 12