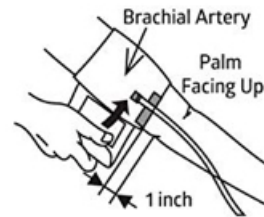


Patient/Parent Teaching Sheet for Home Blood Pressure Monitoring

How to Apply Cuff

1. Place the cuff around a bare arm ½ inch above the elbow joint.
2. While seated, extend your child's arm with their palm facing up in front of them on a flat surface. Position the air tube in the middle of your child's arm in line with their middle finger.
3. The cuff should fit comfortably, yet snugly around your child's arm. You should be able to insert one finger between their arm and the cuff.



How to Take a Measurement Sitting Up

1. Have your child sit in a chair with your feet on the floor, no crossed legs
2. Extend your child's arm with the palm facing up in front of them on a flat surface such as a desk or table.
3. The cuff should be at the same level as their heart.



Frequently Asked Questions

What causes blood pressure to fluctuate?

- Blood pressure varies throughout the day
- It is also affected by the way the cuff is applied and the measurement position, so please take the measurement under the same conditions
- Activity
- Food consumed (such as high sodium foods)
- When the last dose of blood pressure medication was taken

If the blood pressure reading is high, should it be rechecked?

- Yes the blood pressure needs to be rechecked
- Have your child sit for 15 minutes then recheck the blood pressure

What you need to pay attention to when measuring your blood pressure at home:

- If the cuff is applied properly
- If the cuff is too tight or too loose
- If the cuff is applied on the same arm as previous measurements
- Take 2-3 deep breaths, before beginning blood pressure measurement, if you are feeling anxious

If you are feeling anxious, take two to three deep breaths before beginning blood pressure measurement.