

## Blood Pressure monitoring procedure for carer

| Action  | Rationale   |
|---|---|
| Explain procedure; obtain and record verbal consent   | To ensure that the resident is aware and consents to the procedure  |
| Wash/use sanitizer on your hands  | To avoid cross infection and contamination in line with infection control policies.   |
| Position the residents/service user in a sitting position with their arm comfortably supported prior to taking the reading.<br>In certain situations, you may be asked to do a sitting <b>and</b> standing blood pressure reading. If so, the cuff should be left in place while you assist the resident/service user to stand and then repeat the reading. | To obtain the most accurate result.   |
| Ensure that the reading is done when the resident/service user is relaxed and rested. Avoid taking the reading soon after they have drunk coffee or other stimulant, or if after exertion.  | To ensure that you have an accurate result as any stimulant or exertion can result in a higher reading than is normal for the resident/service user.              |
| Turn blood pressure monitor on, look that it is working before you start the procedure.   | This check is to make sure that the batteries and the blood pressure monitor is in good working order. Replace batteries if necessary.                            |
| Apply a suitably sized cuff (e.g. if resident/service user is obese use a large cuff if one is available) and check that it is comfortable. Explain that the cuff will become tighter for a short while to get a reading.   | To ensure that you get an accurate reading.   |
| Wash/use sanitizer on your hands.   | To avoid cross infection and contamination between staff/residents in line with infection control.  |
| Document results in the service user's/resident's records/integrated care records immediately.  | To avoid error and communicate ensure safe accurate readings are entered in the correct user record for the Care Home ready to relay to the requesting clinician. |
| Report the results to the appropriate Health Care Professional as soon as possible in a pre-agreed way e.g., email/phone/in person if they are visiting.  | To ensure that the resident/service user receives prompt, appropriate care and if necessary is on the correct dose of medication.                                 |
| Clean the blood pressure monitor and cuff with anti-bacterial/sterile wipes.  | To prevent any spread of infection and to ensure that the device is ready and safe to use when next needed.   |
| Store the blood pressure monitor/cuff in an easily accessible place where it can be found when needed.  | To save time when a request is made for a blood pressure reading to be done.  |
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