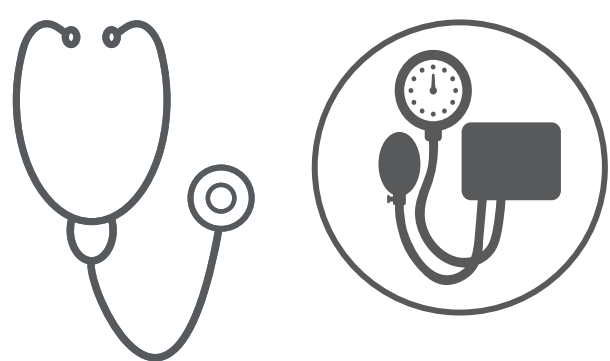


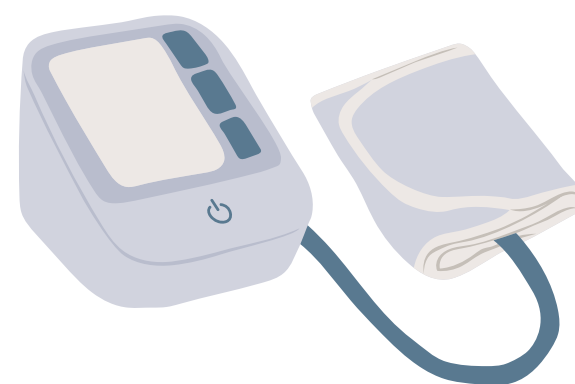
Checklist

Health workers should ensure that they are well prepared for the task

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Make sure that you have the correct equipment: A blood pressure machine & stethoscope.



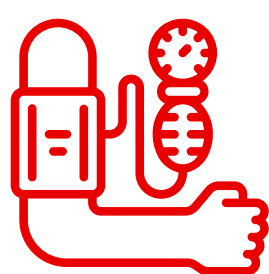
Ensure that the cuff is the correct size for the patient.



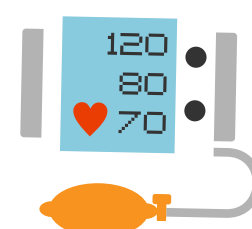
Make sure that the patient is sitting with their feet flat on the floor and their arm out at heart level, resting on a table.



Wrap the cuff firmly around the upper arm, ensuring that the whole cuff is above the elbow.



Make sure the arm cuff is properly deflated before placing it around the patient's upper arm.



If using a digital BP machine, turn it on and wait for it to inflate and note the value of the systolic and diastolic blood pressure.

Hypertension screening