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Blood Pressure

Purpose

Patients should be monitored regularly for changes in blood pressure and weight and for problems with feet. If problems are identified earlier, then the doctor and/or nurse can be alerted sooner and problems can be dealt with sooner before they get worse.

Use the CHW Diabetes Clinical Assessment logsheet paper form to record visit information.

Roles

The CHW should take and record blood pressure and weight periodically (usually, at each visit) and record this into the Registry (see below). The CHW should also do a brief foot exam, checking for cuts, open sores or redness. Serious problems should be discussed with the nurse right away.

Prep

1. Tell the patient that you will be taking their blood pressure.

“Do you have any questions?”

“I’d like to take your blood pressure now. We want to make sure it’s normal. When it’s too high, that can lead to strokes and heart attacks. Do you have any questions?”

2. Have patient sit down and rest for a few minutes.



 **Do**

3. Put the cuff so that the lower edge is about 3 cm (1”) above the bend of the elbow. Wrap the cuff around the arm and fasten it using the velcro.

(After putting on the cuff) “You’ll just feel some squeezing of your arm. It won’t last very long.”



4. Feel for a pulse from a big artery (the brachial artery). Put the arrow of the blood pressure cuff so that it points to where this pulse is.

5. Ensure the patient has their feet flat on the floor and arms uncrossed.

6. Turn on the blood pressure machine and take the blood pressure.



7. Take 3 more blood pressure measurements, allowing 1-2 minutes between each.

(after the first time) “I’m going to check it three more times once your sit and relax. I am going to test your sugars in between the 3 blood pressures.”



8. Calculate average of these measurements using the machine.



9. If average blood pressure is over 160/100, do the following:
a. Dim the lights.
b. Have patient lie down for 5 minutes.
c. Take 3 more blood pressure measurements.

Record

10. Enter the average blood pressure measurement into the Logsheet.



Refer

11. If the Blood Pressure is **MORE THAN 160/100 after 3 times**, please refer to the nurse or doctor right away.