

# Accurate Measurement of Blood Pressure in a Reproductive Health Setting

## Knowledge Check



This knowledge check can be used to assess familiarity with best practices for measuring blood pressure accurately. This tool is a companion to the [Accurate Measurement of Blood Pressure in a Reproductive Health Setting video](#).

Circle the most correct answer to the questions below.

1. Accurate blood pressure measurement is important because:

- a. It means the doctor can prescribe medicine
- b. It is essential to be able to identify and intervene when blood pressure is high
- c. Blood pressure is a consideration when determining the contraceptive options for which a client is medically eligible
- d. Both b) and c)

2. Which of the following are important steps to take before measuring blood pressure?

- a. Ask the client to empty their bladder
- b. Have the client sit quietly for five minutes
- c. Select an appropriately sized cuff
- d. All of the above

3. To obtain an accurate blood pressure measurement, the blood pressure cuff bladder should encircle at least \_\_\_\_ of the arm's circumference.

- a. 50%
- b. 60%
- c. 70%
- d. 80%

4. The blood pressure measurement is more likely to be wrong if the cuff is:

- a. Too small
- b. Too large
- c. Automatically inflated
- d. Manually inflated

5. Which of the following is not a recommendation for positioning the client during blood pressure measurement?

- a. The client's legs should be uncrossed, feet on the ground
- b. The client's arm should be supported at heart level
- c. The client should be sitting on the edge of an exam table
- d. The blood pressure cuff bladder should be placed on the client's bare arm

- 6. When using an automated blood pressure measurement device, the recommendations for positioning are:**
- The same as with a manual device
  - Not important; positioning is only a factor for manual devices
  - Different from when using a manual device
  - Similar to when using a manual device
- 7. After taking the blood pressure measurement, if the blood pressure is elevated:**
- Take again in 5 minutes; record the average of 2 readings, 5 minutes apart
  - Take again in 5 minutes; record the higher reading
  - Document "high blood pressure" in the medical record
  - Instruct the client to conduct blood pressure self-measurement daily for one or more weeks
- 8. Which is the best way for a clinic assistant to discuss a blood pressure reading of 125/80 with a client?**
- "Ok, I'm done taking your blood pressure."
  - "Your blood pressure was kind of high today."
  - "Your blood pressure was 125/80."
  - "Your blood pressure was 125/80, which means it is elevated, or a little bit high. I'll make a note of it in the chart and the nurse practitioner will probably want to talk to you more about it. Do you have any questions for me before I do that?"
- 9. Which of the following statements by the nurse demonstrates proper technique while measuring the client's blood pressure?**
- "We can use this time to complete your health screening form."
  - "I'm going to pause our conversation while I measure your blood pressure."
  - "Are you still smoking cigarettes?"
  - "Based on your last blood pressure, certain contraceptive methods may not be safe for you to use."
- 10. The recommendations for accurate blood pressure measurement are made because:**
- They save time
  - They make the client more comfortable
  - They can significantly impact the blood pressure measurement
  - They are Title X requirements

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## Knowledge Check Answer Key



### Answer Key

1. D
2. D
3. D
4. A
5. C
6. A
7. A
8. D
9. B
10. C