

Accurate Measurement of Blood Pressure in a Reproductive Health Setting

Observation Checklist



Use this checklist to assess and document that clinical staff are implementing recommendations for accurate blood pressure measurement. This tool is a companion to the [Accurate Measurement of Blood Pressure in a Reproductive Health Setting video](#).

Date:

Name of observer:

Name of staff member being observed:

1. Before taking blood pressure measurement, the staff member:

- Asked the client to empty their bladder (or confirmed that they recently emptied their bladder)
- Instructed the client to sit quietly for a few minutes before taking blood pressure measurement
- Selected the appropriately sized blood pressure cuff for this client

2. During blood pressure measurement:

- There was no active conversation
- The client's arm was supported at heart level
- The blood pressure cuff was put on the client's bare arm
- The client's legs were uncrossed, with feet on the ground

3. After taking blood pressure measurement, the staff member:

- If blood pressure was elevated, took the client's blood pressure again after 5 minutes
 - As a next step (if blood pressure was elevated), recorded the client's blood pressure as the average of 2 readings, 5 minutes apart
- Shared the blood pressure result with the client, discussing its meaning and answering the client's questions
- Documented the blood pressure result in the medical record

4. Notes: