

BLOOD PRESSURE MEASUREMENT



When you measure your blood pressure:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Health Behaviour Recommendations

Objective	Recommendation	Application
Being More Physically Active	An accumulation of 30-60 minutes of dynamic exercise of moderate intensity (such as walking, cycling, swimming) 4-7 days per week. In addition to the routine activities of daily living. Higher intensities of exercise are no more effective at BP lowering. For non-hypertensive individuals with SBP/DBP of 140-159/90-99 mmHg, the use of resistance or weight training exercise (such as free weight lifting, fixed weight lifting, or hand grip exercise) does not adversely influence BP.	Prescribe to both normotensive and hypertensive individuals for prevention and management of hypertension, respectively.
Weight Reduction	A healthy BMI (18.5-24.9kg/m ²) and waist circumference (<102 cm for men and <88cm for women) is recommended for non-hypertensive individuals to prevent hypertension and for hypertensive patients to reduce BP.	Encourage multidisciplinary approach to weight loss, including dietary education, increased physical activity, and behaviour modification.
Moderation in Alcohol Intake	To prevent hypertension, abstain, as there is no safe limit for alcohol consumption. Patients with hypertension should abstain from, or limit alcohol consumption to <2 drinks per day to lower blood pressure.	Prescribe to normotensive and hypertensive individuals for prevention and management of hypertension, respectively.
Eating Healthier	DASH-like diet: - High in fresh fruits, vegetables, dietary fibre, non-animal protein (e.g. soy) and low-fat dairy products. Low in saturated fat and cholesterol. - To Decrease BP in hypertensive patients, consider increasing dietary potassium.	Prescribe to both normotensive and hypertensive individuals for the prevention and management of hypertension, respectively.
Relaxation Therapies	Individualized cognitive behaviour interventions are more likely to be effective when relaxation techniques are employed.	Prescribe for selected patients in whom stress plays a role in elevating BP.
Smoking Cessation	Advise smokers to quit and offer them specific pharmacotherapy to help them quit. Abstinence from smoking. A smoke-free environment.	Global cardiovascular risk reduction strategy.

