

## Factors That Contribute to Inaccurate Measurement of Blood Pressure

## Self-Measured Blood Pressure Monitoring to Improve Uncontrolled Hypertension

*When patient has ...*

*BP can change by this much ...*

<b>Cuff over clothing</b>	10-40 mm Hg
<b>Full bladder</b>	10-15 mm Hg
<b>Conversation or is talking</b>	10-15 mm Hg
<b>Unsupported arm</b>	10 mm Hg
<b>Unsupported back</b>	5-10 mm Hg
<b>Unsupported feet</b>	5-10 mm Hg
<b>Crossed legs</b>	2-8 mm Hg

**Source:** Pickering et al. *Circulation*. 2005, O'Brien et al. *J Hypertens* 2003, Blood Pressure Accuracy and Variability Quick Reference Guide  
[https://www.welchallyn.com/content/dam/welchallyn/documents/upload-docs/Training-and-Use/Quick-Reference-Guide/MC4978\\_Blood-Pressure-Accuracy-and-Variability\\_Quick-Reference-Guide.pdf](https://www.welchallyn.com/content/dam/welchallyn/documents/upload-docs/Training-and-Use/Quick-Reference-Guide/MC4978_Blood-Pressure-Accuracy-and-Variability_Quick-Reference-Guide.pdf)