

Blood Pressure

Patient position:

- Sat straight up
- Arm horizontal to table, approx 20-25cm above lap
- Place cuff 1-2 cm up from elbow crease

Systolic: blood pressure within the arteries when the left ventricle contracts, highest number

Diastolic: the blood pressure after contraction of the heart while chambers refill with blood

BLOOD PRESSURE STAGES			
Stage	Systolic (Upper)		Diastolic (Lower)
Low Blood Pressure	Less than 90	or	Less than 60
Normal	90-120	and	60-80
Pre-Hypertension	120-140	or	80-90
Hypertension	140-180	or	90-100
Serious - Hospitalize	180+	or	100+

- **LOW READINGS:** If the patient has less than 90 Systolic **or** less than 60 diastolic with a heart rate of over 100BPM call 999. If the heart rate is less than 100 BPM and the patient says this reading is normal for them then send to hospital or doctor as emergent case.
- **HIGH READINGS:** If the patient has 180+ systolic (upper reading) or 100+ diastolic (lower reading) send to hospital or doctor as an emergent case. (Especially if Tongue colour blue/black/purple)
- **HIGH READINGS:** If the patient has 180+ systolic with less than 100 diastolic refer to GP.
- **BLOOD PRESSURE:** Average beats per minute (BPM) range from 70-90, this changes (gets slower) with increasing age and fitness. Younger people may have higher readings.
- **BLOOD PRESSURE:** Older people tend to have higher HR, unless they are on beta blockers medications

BLOOD PRESSURE MACHINE GRAPHICS FOR QUICK REFERENCE



Heart rate outside of 135/85



Heart rate irregular