

MEASURING BLOOD PRESSURE

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Goal

Practise a technique for measuring blood pressure with a sphygmomanometer.

Materials

- sphygmomanometer
- stethoscope
- alcohol wipes

Procedure

1. Place the cuff of the sphygmomanometer around the bicep of a subject so the tubes pass on the inside of the elbow.
2. Slip the stethoscope under the cuff just above the crook of the elbow.
3. Squeeze the pump to inflate the cuff until it tightens around the arm. Do not exceed a pressure reading of 200 mm Hg.
4. Deflate the cuff until sound can be heard with the stethoscope and the needle starts to rise at the same rhythm as the pressure.
5. Read and record the pressure indicated—this is systolic pressure.
6. Continue to deflate the cuff until no sound can be heard.
7. Read and record the pressure indicated—this is diastolic pressure.
8. Clean the contact surfaces of the instruments with alcohol wipes.
9. Repeat steps 1 to 8 for each other subject.
10. Put away materials.

Results

Record your results in the table below. Give the table a title.

Title:

Person tested	Systolic pressure (mm Hg or kPa)	Diastolic pressure (mm Hg or kPa)



Name: _____ Group: _____ Date: _____

Reflecting on the lab technique

1. Is the blood pressure reading the same for each subject tested?

2. Do systolic and diastolic pressures correspond to blood pressure in arteries or in veins?

3. What are the possible sources of error in this lab?
