**Multi-Ethnic Study of Atherosclerosis**

**Exam 3**

**Seated Blood Pressure**

**Participant Id#:**

Acrostic:

bpdt3

Date: [ ] / [ ] / [ ]

Month Day Year

**Dinamap number:** [ ]

**Arm circumference:** [ ] cm

Arm circumference (To nearest 0.1 cm)

**Cuff size:**

- Cuff on upper arm
  - Small Adult (17-25cm)
  - Adult (25.1-33cm)
  - Large Adult (33.1-40cm)
  - Thigh (40.1-50cm)
- Cuff on forearm
  - Adult (25.1-33cm)
  - Large Adult (33.1-40cm)

**Seated Blood Pressure**

**First reading:**

SBP [ ]

DBP [ ]

Pulse [ ]

Record time of day

Record in military time (i.e. 5pm = 17:00)

**Second reading:**

SBP [ ]

DBP [ ]

Pulse [ ]

**Third reading:**

SBP [ ]

DBP [ ]

Pulse [ ]

**Room Temperature:** [ ] Fahrenheit

**Alerts and Referrals**

Use the mean of the second and third blood pressure measurements for alerts and follow the criteria below:

**Blood Pressure Values**

1. Systolic blood pressure greater than 210mmHg OR Diastolic blood pressure greater than 120mmHg
   - **Action:** Immediate referral to a health care provider

2. Systolic blood pressure of 180-210mmHg OR Diastolic blood pressure of 110-120mmHg
   - **Action:** Referral to a health care provider within one week

3. Blood pressure greater than 140/90mmHg
   - **Action:** Requires follow-up within two months

**For MESA Field Center Use Only**

<table>
<thead>
<tr>
<th>Compute means from 2nd and 3rd readings</th>
<th>Technician ID#:</th>
<th>Data Entry ID#:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean SBP [ ] [ ] [ ]</td>
<td>bp tid3</td>
<td>bp did3</td>
</tr>
<tr>
<td>Mean DBP [ ] [ ] [ ]</td>
<td>Reviewer ID#:</td>
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03/06/2004