Seated Blood Pressure

Date: [ ] / [ ] / [ ]

<table>
<thead>
<tr>
<th>Dinamap number:</th>
<th>[ ]</th>
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1. Arm circumference: [ ] cm
   - (To nearest 0.1 cm)

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

Seated Blood Pressure

3. First reading:
   - SBP [ ]
   - DBP [ ]
   - Pulse [ ]

4. Second reading:
   - SBP [ ]
   - DBP [ ]
   - Pulse [ ]

Record time of day
   - [ ] : [ ]
   - Record in military time (i.e 5pm = 17:00)

5. Third reading:
   - SBP [ ]
   - DBP [ ]
   - Pulse [ ]

6. 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
   - Immediate referral to a health care provider

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

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

   Pulse >130 → alert

Comments:

For MESA Field Center Use Only

Compute means from 2nd and 3rd readings

- Mean SBP [ ] [ ] [ ]
- Mean DBP [ ] [ ] [ ]

Technician ID#: [ ] [ ] [ ]
Data Entry ID#: [ ] [ ] [ ]
Reviewer ID#: [ ] [ ] [ ]

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