Seated Blood Pressure

1. Arm circumference: (To the nearest 0.1 cm) mm

2. 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)

3. First reading:
   - SBP
   - DBP
   - Pulse

4. Second reading:
   - SBP
   - DBP
   - Pulse

5. Third reading:
   - SBP
   - DBP
   - Pulse

6. Pulse Oximetry:

7. Was the participant using supplemental oxygen?
   - Yes
   - No

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

<table>
<thead>
<tr>
<th>Blood Pressure Values</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Systolic blood pressure greater than 210mmHg OR Diastolic blood pressure greater than 120mmHg</td>
<td>Immediate referral to a health care provider</td>
</tr>
<tr>
<td>2. Systolic blood pressure of 180-210mmHg OR Diastolic blood pressure of 110-120mmHg</td>
<td>Referral to a health care provider within one week</td>
</tr>
<tr>
<td>3. Blood pressure greater than 140/90mmHg</td>
<td>Requires follow-up within two months</td>
</tr>
</tbody>
</table>

Pulse >130 → alert

Comments:

For MESA Field Center Use Only

Means from 2nd and 3rd readings

Mean SBP __ __ __
Mean DBP __ __ __