



Blood Pressure (Manual)

What is Blood Pressure?

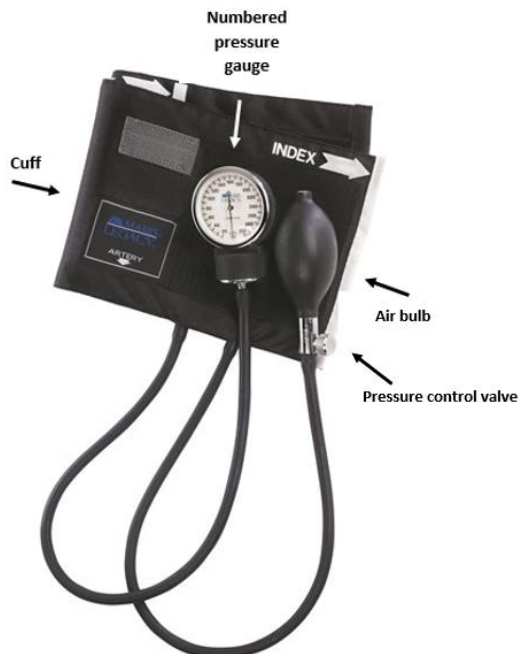
- Blood pressure is a measure of how hard the heart is pumping to move blood through the blood vessels.
- Blood pressure includes two parts:
 - Systolic pressure - the pressure inside the arteries as the heart pumps.
 - Diastolic pressure - the pressure inside the arteries as the heart rests between beats.
- Blood pressure is measured in millimeters of mercury (mmHg).

What is my child's blood pressure range?

- Systolic _____
- Diastolic _____

Supplies:

- Blood pressure cuff with an air bulb and numbered pressure gauge (your child's doctor will choose the right size cuff for your child)



- Stethoscope



How do I check my child's manual blood pressure?

1. Gather your supplies.
2. Choose which of your child's arms you are going to use. Place your child in a relaxed position with their arm resting at the level of the heart.
3. Place two fingers on the inside of the elbow to find the pulse (called the brachial pulse).
4. When you feel the pulse, wrap, and secure the blood pressure cuff snugly around the upper arm at least one inch above where you felt the brachial pulse. You will place the arrow or line on the cuff directly above the pulse.
5. Position the numbered pressure gauge at the level of your child's heart in a place you can see it well.
6. Put the earpieces of the stethoscope in both of your ears. The earpieces should point forward as you put them in your ears.
7. With one hand, place the large round part (diaphragm) of the stethoscope where you felt the brachial pulse.
8. With your other hand, hold the air bulb. Turn the knob of the pressure control valve clockwise (right) to close the valve. Do not tighten the knob too much or it will be hard to open the valve when you are ready.
9. Squeeze the air bulb to fill the cuff with air until the needle on the dial reaches 20 mmHg higher than your child's systolic range.
10. Slowly turn the knob on the pressure control valve counterclockwise (left) to open the valve which will release the air from the cuff. As the dial slowly falls, listen for the heartbeat, and watch for the number on the dial.
11. Note the number when you hear the first heartbeat. This is the **systolic pressure**.
12. Note the number when you hear the last heartbeat. This is the **diastolic pressure**.
13. Release the rest of air in the cuff by turning the knob counterclockwise (left). Take the cuff off your child's arm.
14. Your child's blood pressure should be written as systolic pressure/diastolic pressure (example: 120/80)



When to call the doctor?

- Call your child’s doctor if their blood pressure is

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