

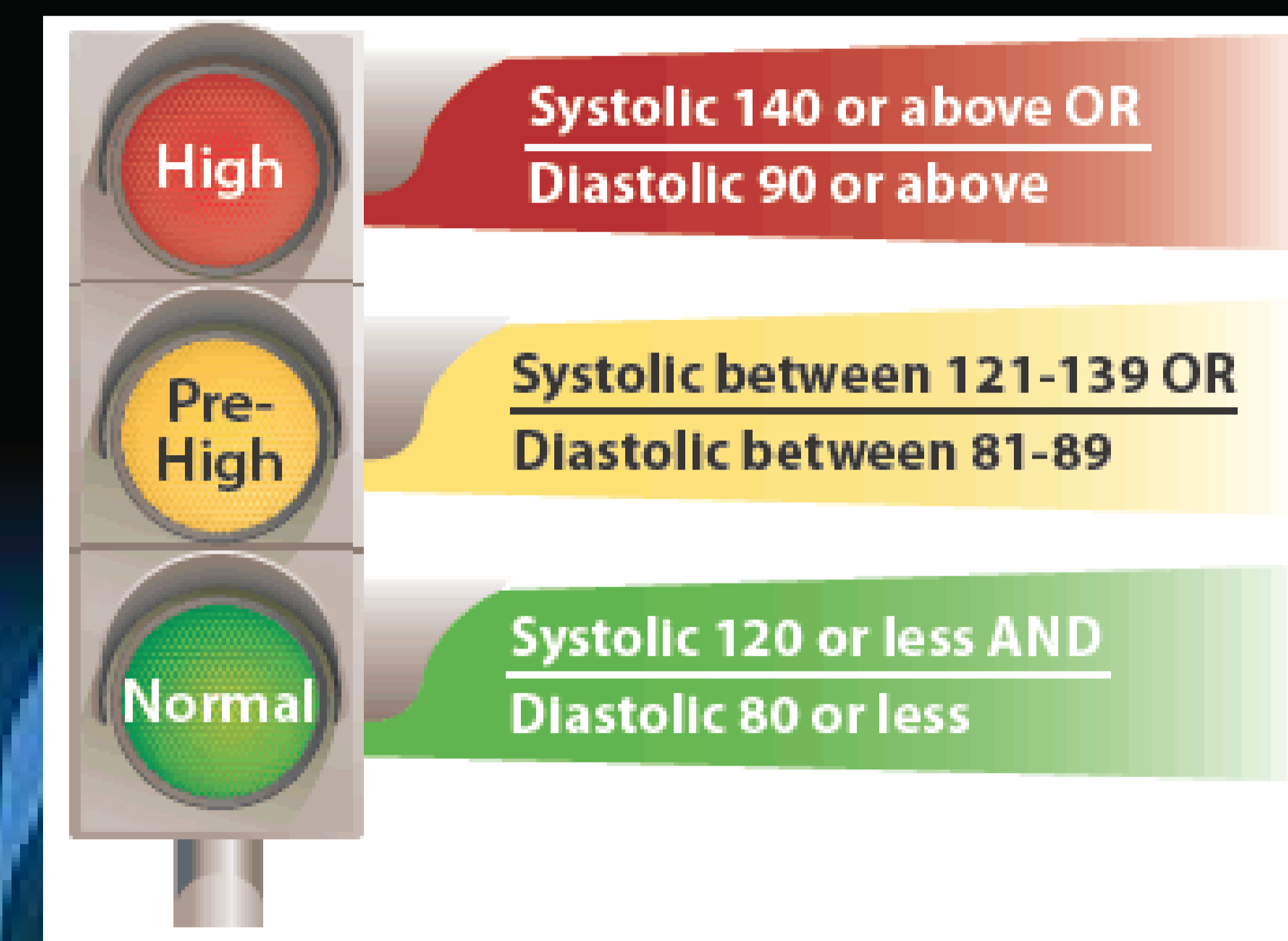
# REVISITING BLOOD PRESSURE

## MAKING ASSESSMENT ACCURATE

REGINA L PFISTER, RDH, MSED.

### ABSTRACT:

Hypertension or high blood pressure is associated with an increased risk for cardiovascular disease and often does not provide any symptoms until it is too late. According to the Center for Disease Control and Prevention (CDC) an estimated 90 percent of middle-aged Americans will develop high blood pressure in their lifetime and 70 percent have uncontrolled hypertension. (CDC) Dental offices are accessible locations for evaluating hypertension. Taking blood pressure though easily assessed during routine visits to the dental office, various it can be technique sensitive, which may cause inaccurate readings and possibly incorrect diagnosis. An assessment must be accurate to be useful.



### BLOOD PRESSURE

is easy to assess, but it's also very technique sensitive. Understanding sources of inaccuracies can help to provide more accurate blood pressure readings.

Errors can occur from:

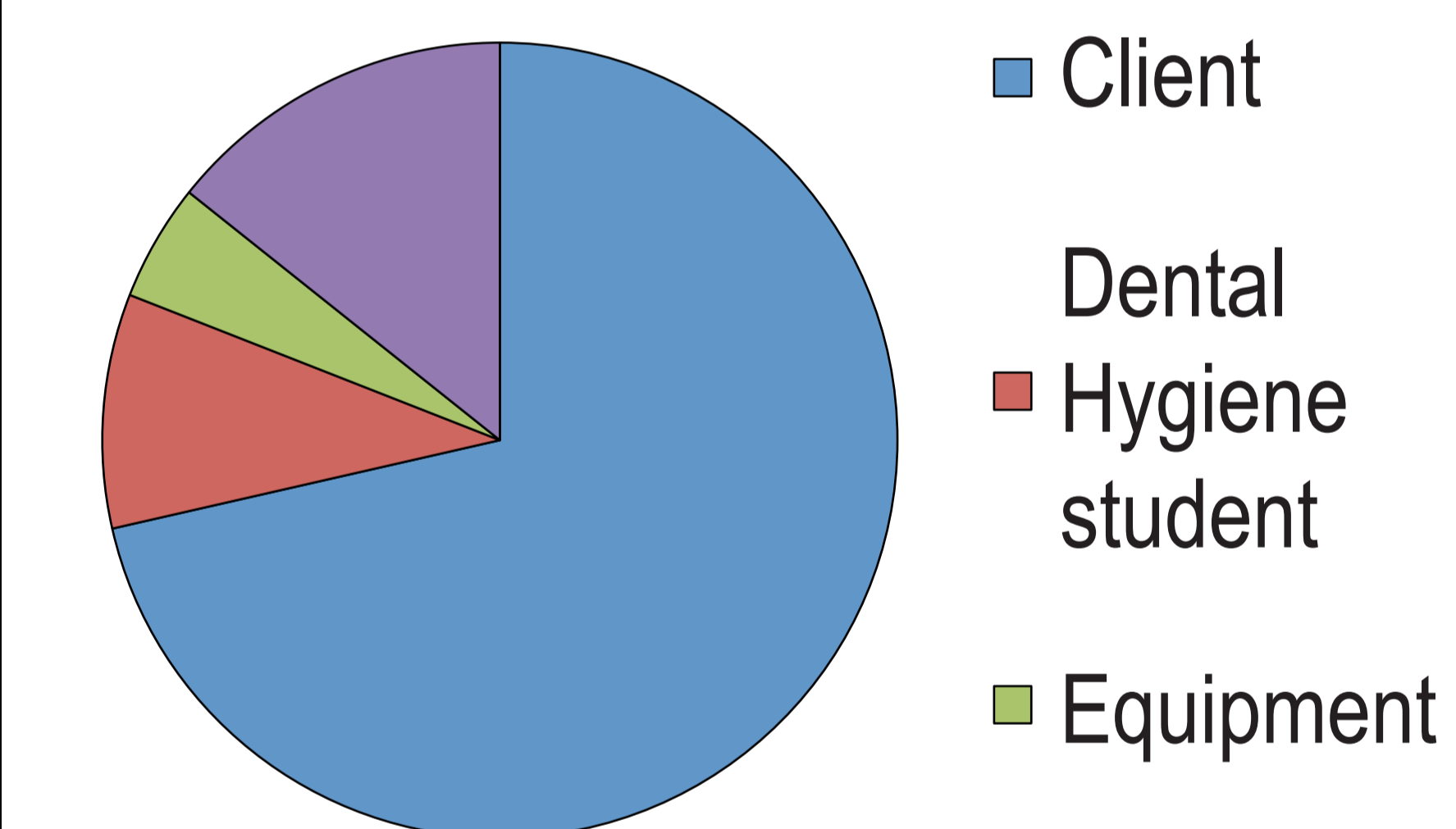
- Equipment
- Patient or client
- Healthcare provider

### BACKGROUND:

Dental Hygiene students

1. Complete accurate blood pressure competencies
2. Modify steps making the probability of inaccurate results likely
3. Equipment (dental chair) provided the major cause of modification
4. Continually reassess competency to stay consistent

### BLOOD PRESSURE



### OBJECTIVE:

- Demonstrate the need to reassess blood pressure techniques often to insure accuracy
- Understand accurate blood pressure readings can provide reliable life saving information to the client
- Educate possible causes of inaccurate readings

### DIAGNOSIS OF HYPERTENSION

Is based on:

- At least 3 different BP measurements
- Separate office visits
- Patient seated comfortably for at least 5 minutes
- Back supported
- Arm supported in the horizontal position
- BP cuff at heart level

### REFERENCES:

U.S. Preventive Services Task Force. Screening for High Blood Pressure: Clinical Summary of U.S. Preventive Services Task Force Recommendation. December 2007.

<http://www.uspreventiveservicestaskforce.org/uspstf07/hbp/hbpsum.htm>

<http://circ.ahajournals.org/content/123/21/2434.full.pdf>