1. When taking a blood pressure the patient’s upper arm should be in what position?
   a. By the patient’s side with hands placed in lap
   b. Level with the heart
2. For best reading, patients should not eat, exercise or smoke at least _____ minutes before taking BP?
   a. 5
   b. 15
   c. 30
3. What is the standard position for patient to be in when getting BP taken?
   a. Lying down, arms on chest, knees bent
   b. Sitting up straight, arms stretched forward, palms face up, arm level with the heart, feet flat on the floor.
   c. Sitting up straight, arms above heart, feet crossed.
4. From video, the cuff should be about _____ inch above the anterior elbow.
   a. 1 inch
   b. 2 inches
   c. 3 inches
5. The pulse you should palpate for on the wrist is called the ______ pulse.
   a. Radial
   b. Brachial
6. From video, how far should the cuff be inflated?
   a. Until you can’t inflate any more
   b. Above 200 ml mercury
   c. 30 ml mercury above point where no pulse is felt
7. The stethoscope should be placed over what artery?
   a. Femoral
   b. Radial
   c. Brachial
8. The Systolic Pressure is recorded when you hear the first ___ beats.
   a. 10
   b. 2
   c. 3
9. The Diastolic Pressure is recorded when?
   a. You stop hearing beats while releasing pressure (the last beat)
   b. On the 20th beat
   c. When the cuff is fully deflated
10. If taking a second blood pressure reading, wait at least ___ between readings?
    a. 5 minutes
    b. 10 minutes
    c. 15 minutes

Name: ______________________ Date: __________________
Institution/School: __________________ Score: ________________