

QUIZ ON HOW TO TAKE A BLOOD PRESSURE

1. When taking a blood pressure the patient's upper arm should be in what position?
 - a. By the patients 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: _____