Hypertension - Asymptomatic

1. Blood pressure measurement technique
   - Prepare the patient:
     - Resting > 5 minutes
     - Empty bladder
     - No talking during measurement
     - No clothing under cuff
     - Sitting, feet on floor, legs uncrossed

   2. Proper Measurement technique:
      - Cuff level with mid-sternum
      - Cuff size: encircles 80% of arm
      - Use both arms

   3. Documentation and averaging:
      - Use average of 2+ readings on 2+ occasions
      - If patient in pain, inaccurate BP

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