

## Office Blood Pressure Monitoring (OBPM)

### How to measure blood pressure in the office?

#### 30 minutes before your patient's measurement



Do not bathe



Do not eat



Do not smoke



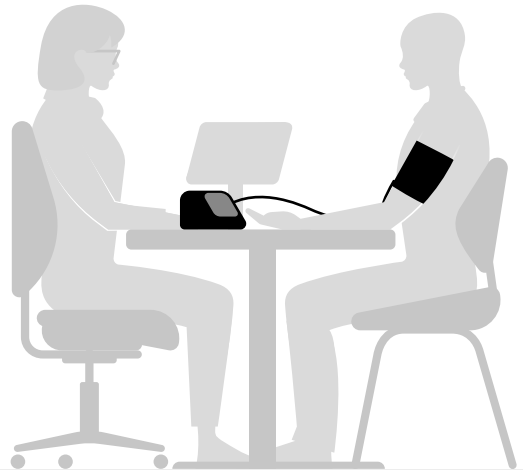
Do not exercise



Do not consume caffeinated beverages

#### During the measurement

- Select **appropriate cuff** and use a **clinically validated** monitor. ([www.stridebp.org](http://www.stridebp.org))
- Measure in a **quiet environment**
- Make sure the cuff is at heart level and the cuff is **2.5 cm above the elbow crease**.
- Let your patient **sit straight and comfortably**, back supported by chair with their feet flat on the floor. Arm resting on table with mid-arm at heart level.
- **Wait 3-5 minutes**. Do not speak or move during measurement.
- Take **3 readings with 1 min. interval** between, and use average of the last 2.



### A correct cuff size is essential for accurate measurements

Mid-arm circumference	Cuff type	Person
17-22cm	small	Child or slim adult
22-32cm	medium	Average adult
32-42cm	large	Heavily muscled or obese

## Classification of Hypertension based on Office Blood Pressure (BP) Measurement

Category	Systolic (mmHg)		Diastolic (mmHg)
Optimal	<120	and	<80
Normal BP	120-129	and	80-84
High-normal BP	130-139	and/or	85-89
Grade 1 hypertension	140-159	and/or	90-99
Grade 2 hypertension	160-179	and/or	100-109
Grade 3 hypertension	≥180	and/or	≥110
Isolated systolic hypertension <sup>1</sup>	≥140	and	<90
Isolated diastolic hypertension <sup>1</sup>	<140	and	≥90

The BP category is defined by the highest level of BP, whether systolic or diastolic.

<sup>1</sup>Isolated systolic or diastolic hypertension is graded 1, 2 or 3 according to SBP and DBP values in the ranges indicated. The same classification is used for adolescents ≥15 years old

**Note:** all information provided here is based on the 2023 European Society of Hypertension Guidelines for the management of arterial hypertension.

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