

**Sitting Blood Pressure Form Instructions**  
**SBP Version A, 04/03/2000**  
**QxQ Date 02/23/2001**

**I. GENERAL INSTRUCTIONS**

The Sitting Blood Pressure (SBP) form is completed during the participant's baseline clinic visit. The technician must be certified and should have a working knowledge of Manual 4: Blood Pressure. S/he should also be familiar with the data entry procedures for the electronic version forms and understand the document titled "General Instructions for Completing Paper Forms" prior to completing this form. ID Number, Contact Year, and Name should be completed as described in that document.

There should be no exertion, eating, smoking or exposure to cold for one-half hour before recording blood pressure. It is also important that the participant have no change of posture for five minutes before recording blood pressure.

Blood pressure is recorded twice using a random zero sphygmomanometer. The detailed instructions below for the administration of the SBP should be reviewed in combination with the instructions for performing the measurements in Manual 2: Cohort Component Procedures, and in Manual 4: Blood Pressure.

**II. SPECIFIC INSTRUCTIONS**

**A. Temperature**

1. Record the room temperature in degrees centigrade. A thermometer is read and the temperature recorded each time the procedure is initiated to note fluctuations.

**B. Tobacco and Caffeine Use**

2. Ask the item as written. Use of any type of smoking materials, chewing tobacco, snuff, nicotine gum, etc. today or the current use of a nicotine patch should be noted. If none were used, skip to item 4.
3. Ask about the most recent time. The item is phrased "How long ago..." instead of "At what time..." in order to make it easier for the participant to answer. Record the answer in the same way. If the participant is wearing a nicotine patch, record '00' hours (item 3a) and '00' minutes (3b). If unknown, mark through the boxes with two horizontal lines.

- 4 – 5. Ask the items as written, following the same procedures given for items 2

and 3 above.

**C. Preliminary Measurements**

6. Measure right arm circumference once according to the directions in Manual 4: Blood Pressure. Record to the nearest centimeter.
7. Cuff size is determined by arm circumference measurement in item 6. The appropriate size for a given arm circumference is given below, and also appears on the form itself.

<u>Arm Circumference</u>	<u>Cuff Size</u>
under 24 cm	Pediatric
24-32 cm	Regular Arm
33-41 cm	Large Arm
over 41 cm	Thigh

8. Instruct the participant to sit quietly, without changing her/his posture, while keeping both feet flat on the floor, for five minutes while you step out of the room. Start a timer, and return promptly after 5 minutes have elapsed. After the participant has sat quietly for five minutes, measure the heart rate for 30 seconds (do not count for 15 seconds and multiply by two) and record the number in the spaces available.
9. After recording the heart rate, enter the time. A five-minute wait with no change of posture must precede the first blood pressure measurement.
- 10-11. Record as described in Manual 4: Blood Pressure.
12. Calculate peak inflation level as “pulse obliteration pressure” + “maximum zero” + 30. This is calculated automatically when the form is entered on the computer. (As a way of denoting this on the paper form, lines are provided rather than boxes for recording the result.)

**D. First Blood Pressure Measurement**

- 13-14. Measure and record systolic and diastolic blood pressures as described in Manual 4: Blood Pressure. Right justify, using leading zeros if necessary.
15. Record the zero reading.

NOTE: Do not calculate net blood pressure at this time.

**E. Second Blood Pressure Measurement**

16-18. Repeat as in 13-15 above.

**F. Computed Net Average of First and Second Blood Pressure Measurements**

19-20. Average systolic (item 19) and diastolic (item 20) blood pressures are calculated automatically when the form is entered on the computer. (As a way of denoting this on the paper form, lines are provided rather than boxes for recording the result.)

When the paper form is being used, the average of the **first and second** reading for systolic and diastolic pressure must be calculated using a hand calculator. Use the worksheet at the end of the form to calculate items 19 and 20. items 13-18 are transcribed onto that worksheet in the specified spaces. The “corrected” readings are calculated as the measurement itself minus the corresponding zero reading. These readings (first and second corrected readings) are then averaged to obtain the average corrected systolic and average corrected diastolic pressures. An example is given below.

Example:

Worksheet For Computing Average of 1st and 2nd Readings (item 19 and 20)

	<b>Systolic</b>			<b>Diastolic</b>		
First Measurement	<u>1</u>	<u>4</u>	<u>2</u> (#13)	<u>1</u>	<u>0</u>	<u>0</u> (#14)
1st Zero Reading	<u>-</u>	<u>1</u>	<u>8</u> (#15)	<u>-</u>	<u>1</u>	<u>8</u> (#16)
First Corrected	<u>1</u>	<u>2</u>	<u>4</u>	<u>0</u>	<u>8</u>	<u>2</u>
Second Measurement	<u>1</u>	<u>3</u>	<u>8</u> (#16)	<u>1</u>	<u>0</u>	<u>0</u> (#17)
2nd Zero Reading	<u>-</u>	<u>2</u>	<u>2</u> (#18)	<u>-</u>	<u>2</u>	<u>2</u> (#18)
Second Corrected	<u>1</u>	<u>1</u>	<u>6</u>	<u>0</u>	<u>7</u>	<u>8</u>
Average Corrected	<u>1</u>	<u>2</u>	<u>0</u> (#19)	<u>0</u>	<u>8</u>	<u>0</u> (#16)

**G. Administrative Information**

21. Enter the date on which the participant was seen in the clinic.
22. Record "C" if the form was completed on the computerized data entry system, or "P" if the paper form was used. If the form was completed partially on paper and partially on the computer, code as "Paper Form."
23. Enter the 3 digit JHS code for the person at the clinic completing this form in the boxes provided.