



MESA Exam 6

Home Visit: Seated Blood Pressure

Participant ID #:

Acrostic:

Technician ID:

Date:

Month

Day

Year

Dinamap number:

1. Arm circumference:

(To nearest 0.1 cm)

cm

2. Cuff size:

Cuff on upper arm

OR

Cuff on forearm

☐ Small adult (17 - 25cm)

☐ Adult (25.1 - 33cm)

☐ Adult (25.1 - 33cm)

☐ Large adult (33.1 - 40cm)

☐ Large adult (33.1 - 40cm)

☐ Thigh (40.1 - 50cm)

Seated Blood Pressure

Record time of day

Record in military time (e.g. 5pm = 17:00)

3. First reading:

SBP

DBP

Pulse

4. Second reading:

SBP

DBP

Pulse

5. Third reading:

SBP

DBP

Pulse

6. Pulse Oximetry:

7. Was the participant using supplemental oxygen?

☐ Yes ☐ No



What is the Flow rate?

Liters/min

Alerts and Referrals

Use the mean of the second and third blood pressure and pulse measurements for alerts and follow the criteria below:

Blood Pressure Values	Action
1. Systolic blood pressure greater than 210mmHg OR Diastolic blood pressure greater than 120mmHg	1. Immediate referral to a health care provider
2. Systolic blood pressure of 180-210mmHg OR Diastolic blood pressure of 110-120mmHg	2. Referral to a health care provider within one week
3. Blood pressure greater or equal 140/90mmHg	3. Requires follow-up within two months

Pulse > 130 → Immediate referral to a health care provider

Pulse Oximetry < 88 → Referral to a health care provider within one week

Comments: