

**Multi-Ethnic Study of Atherosclerosis
Exam 4**



Seated Blood Pressure

Participant Id#:

Acrostic:

Date: / /
 Month Day Year

Dinamap number:

1 Arm circumference: . cm
 (To nearest 0.1 cm)

- 2** Cuff size:
- Cuff on upper arm OR Cuff on forearm
- Small Adult (17-25cm)
 - Adult (25.1-33cm)
 - Large Adult (33.1-40cm)
 - Thigh (40.1-50cm)
 - Adult (25.1-33cm)
 - Large Adult (33.1-40cm)

Seated Blood Pressure

3 First reading: **SBP**

DBP

Pulse

Record time of day :

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

4 Second reading: **SBP**

DBP

Pulse

5 Third reading: **SBP**

DBP

Pulse

6 Room Temperature: Fahrenheit

Alerts and Referrals

Use the mean of the second and third blood pressure 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 than 140/90mmHg | 3. Requires follow-up within two months |

Pulse >130 → alert

Comments:

For MESA Field Center Use Only

Compute means from 2nd and 3rd readings
 Mean SBP _____
 Mean DBP _____

Technician ID#:

Data Entry ID#:

Reviewer ID#: