



HEARTS

IN THE AMERICAS



PAHO



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Introducing a New Virtual Course on Accurate Automated Blood Pressure Measurement



PAHO

Target Audience



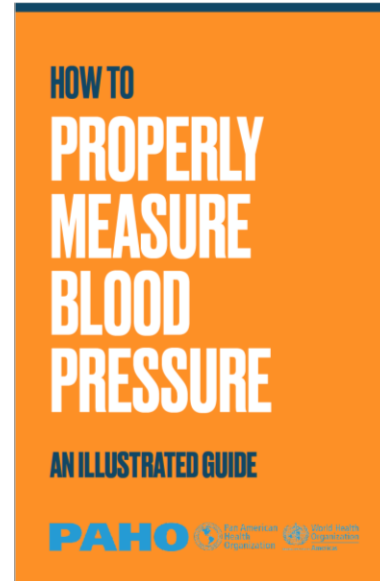
- Intended for health care personnel, including non-professional health workers, particularly at the primary health care level.
- The course is also suited to health science students and health literate people who measure BP at home or who are involved in programs that assess BP.

Course Overview = ~ 20 mins

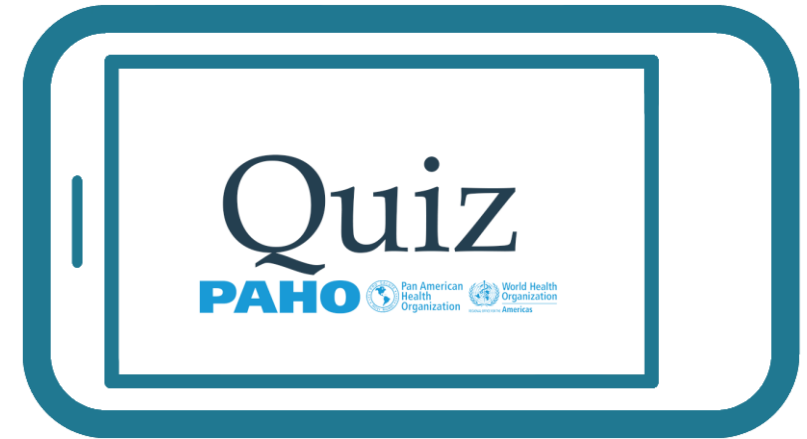


The course includes a brief video on accurate BP assessment.

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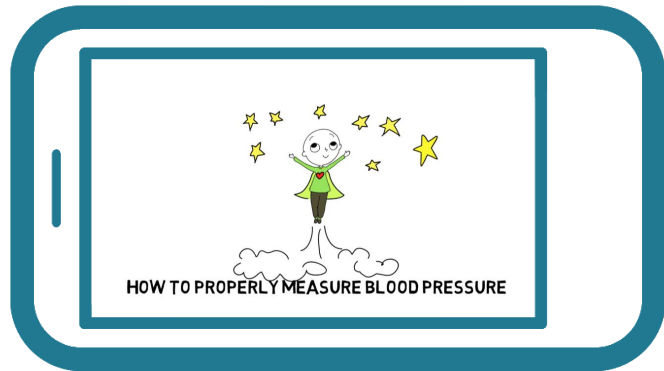
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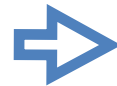
Following the video is a true/false knowledge and attitude test, where all questions must be correctly answered before a course certificate can be obtained.



Course Overview = ~ 20 mins

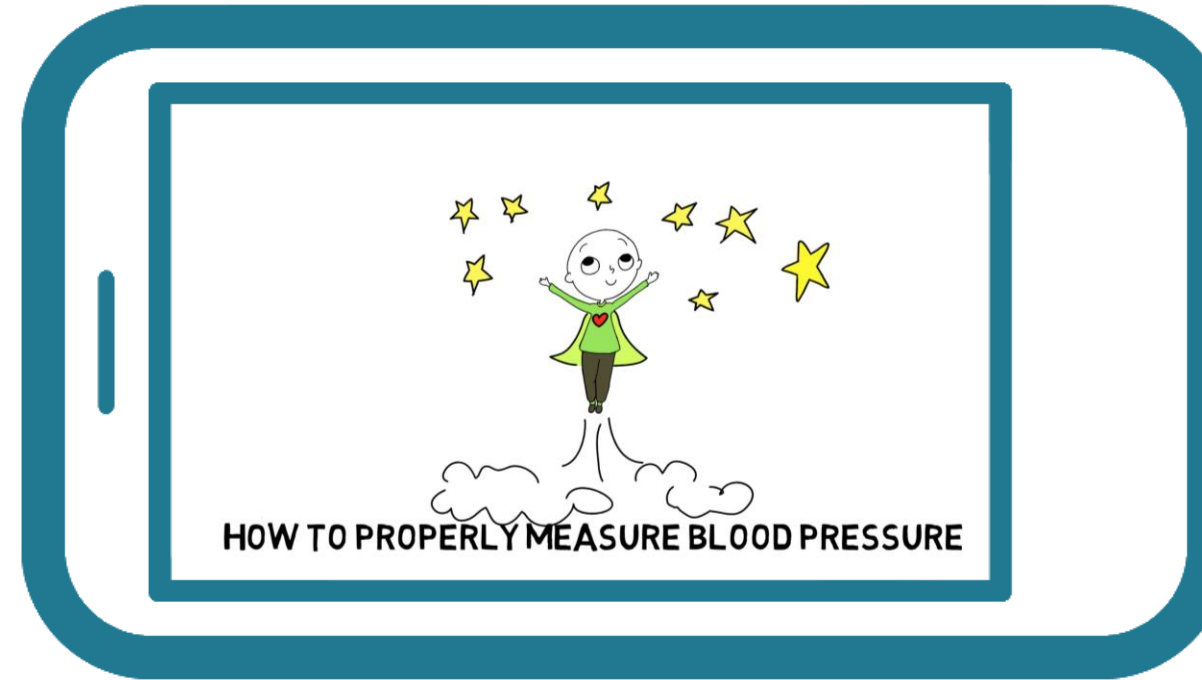
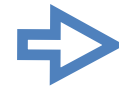
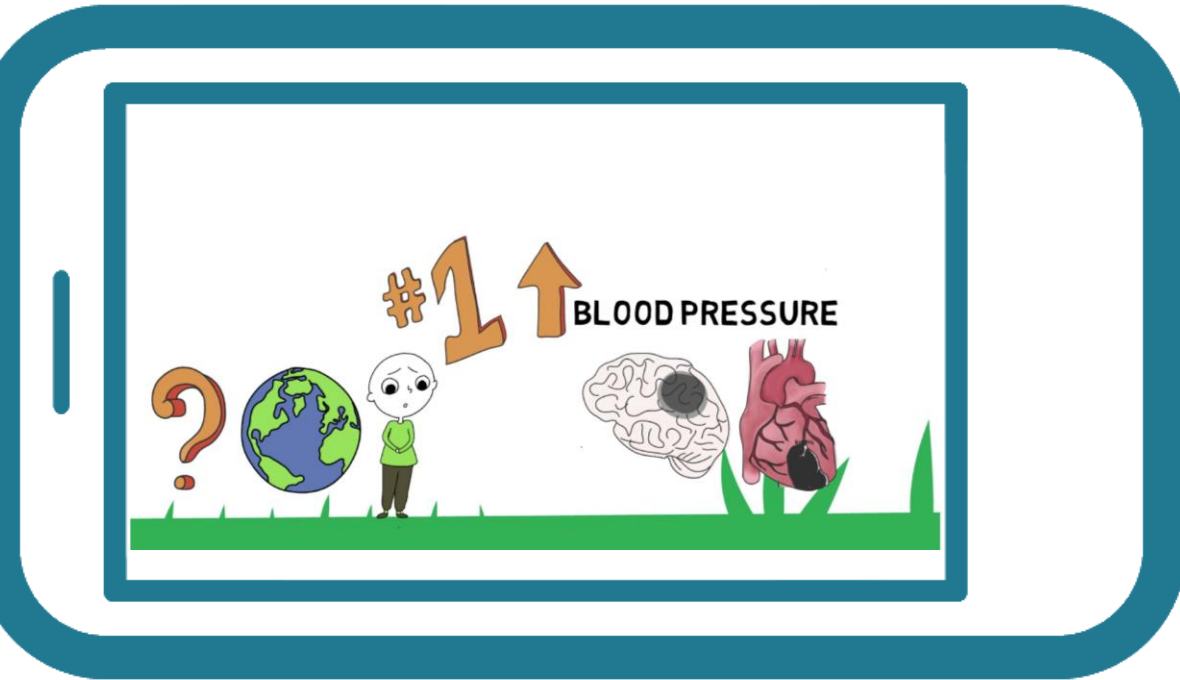


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- certificates of completion have a validity of 6 months
- data supports regular retraining and certification as necessary to maintain BP measurement skills
- this includes large scale screening programs

Video Overview



The course video tells the story of a person learning about the global significance of hypertension as the greatest single risk to morbidity and mortality globally, and follows them as they learn to properly measure blood pressure and become empowered to save lives.

Video Overview

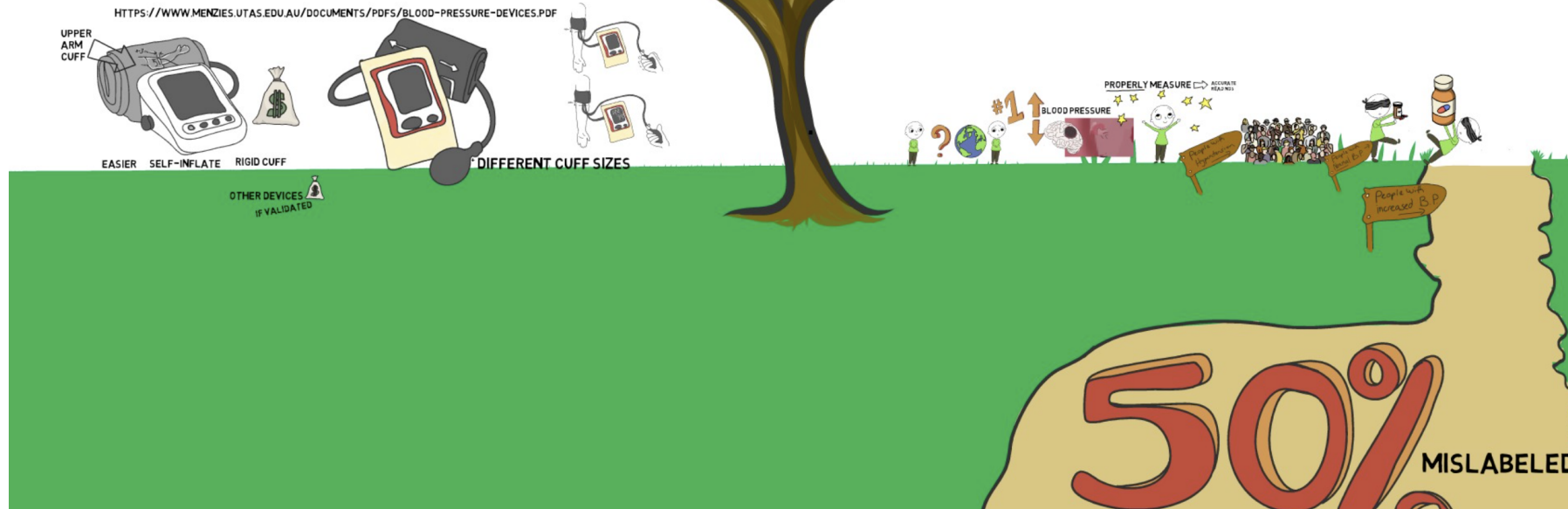
STEP 3: PREPARE THE PERSON FOR MEASUREMENT.

STEP 2: SELECT THE RIGHT CUFF SIZE.

STEP 4. MEASURE THE BLOOD PRESSURE

STEP 1. SELECT A VALIDATED AUTOMATED DEVICE.

STEP 5. RECORD RESULT



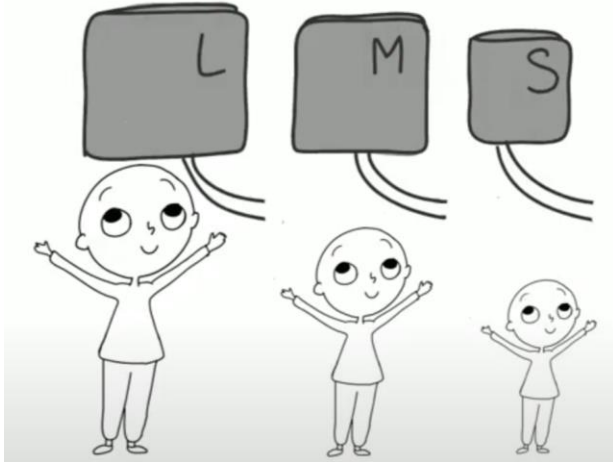
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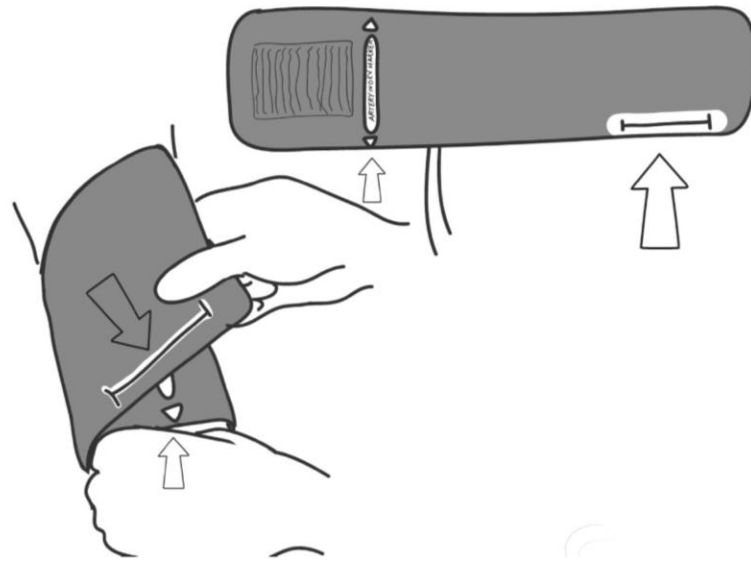
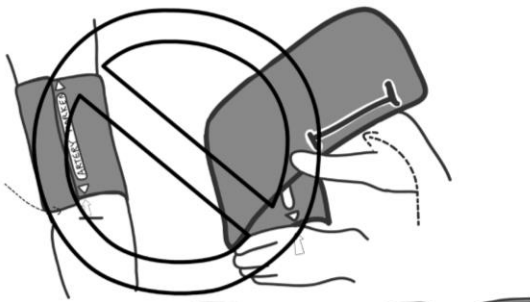


Cerebrum. 2015. Jan-Feb; 2015.2.

Step 2: Selecting the Right Cuff Size



When wrapping a cuff around a person's arm, if the outside edge falls outside the markers, you have the wrong sized cuff.



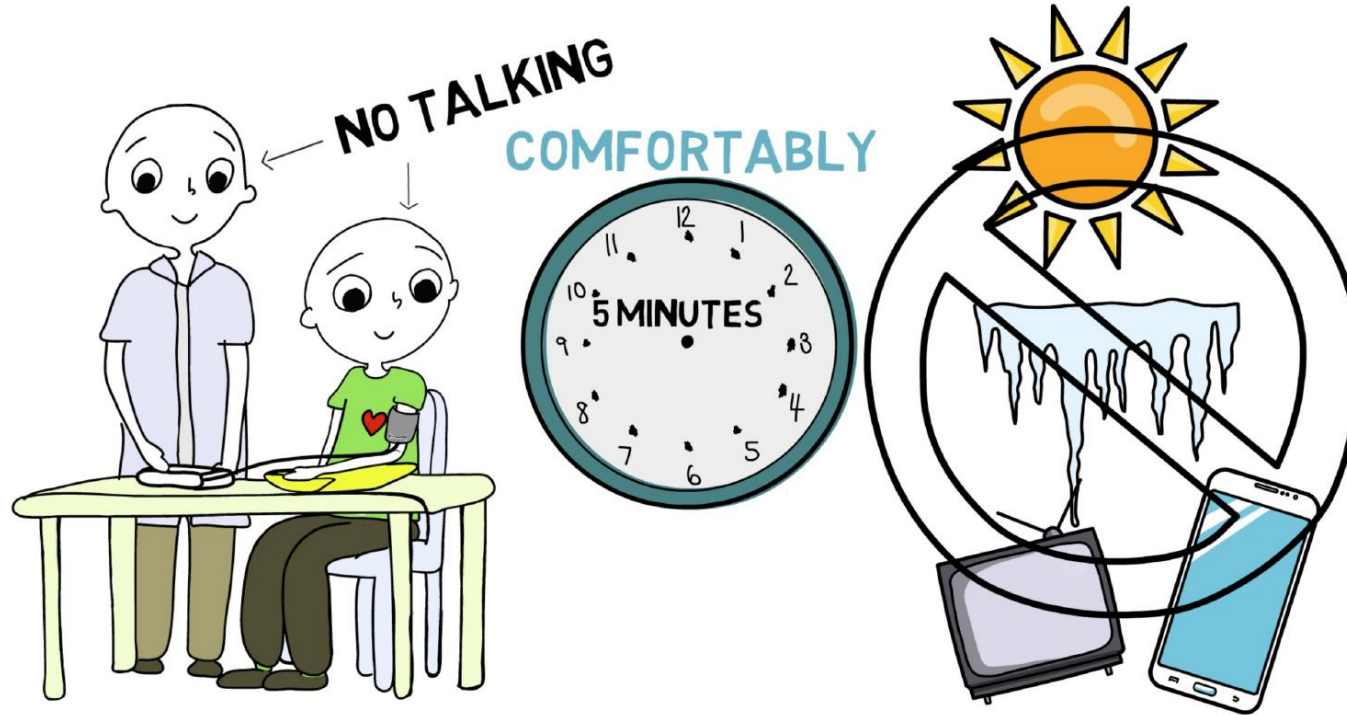
-this is a significant and critical step in the accurate assessment of blood pressure

-given data to suggest only 1% of physicians use the right cuff size when measuring blood pressure, selecting the right cuff size has been given special emphasis in this course as one of the five steps

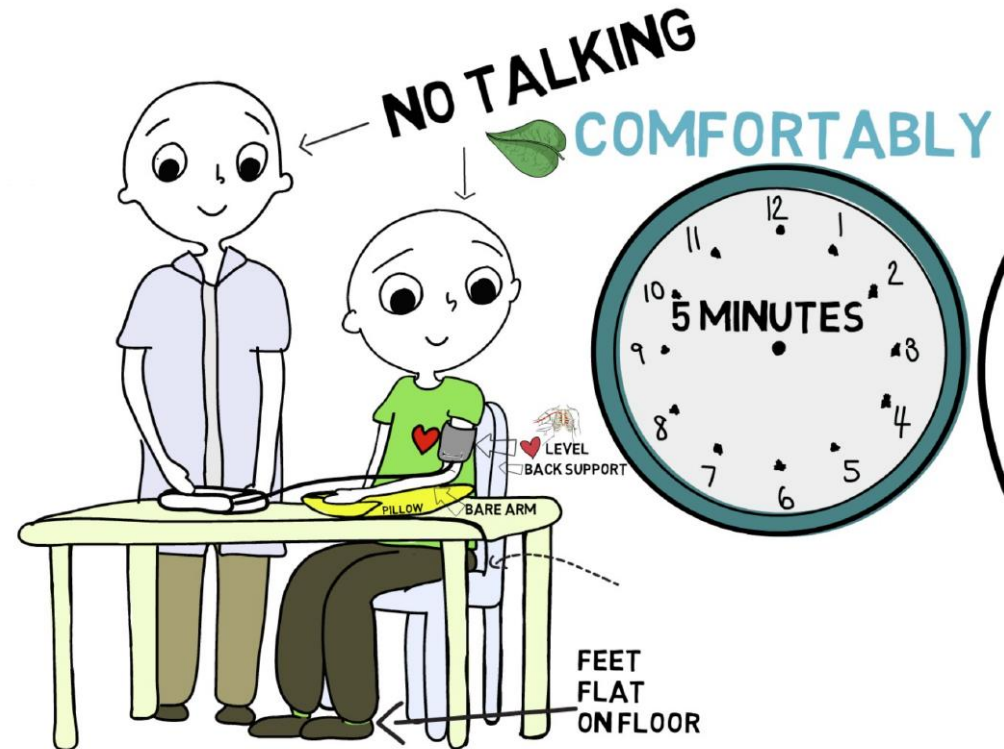
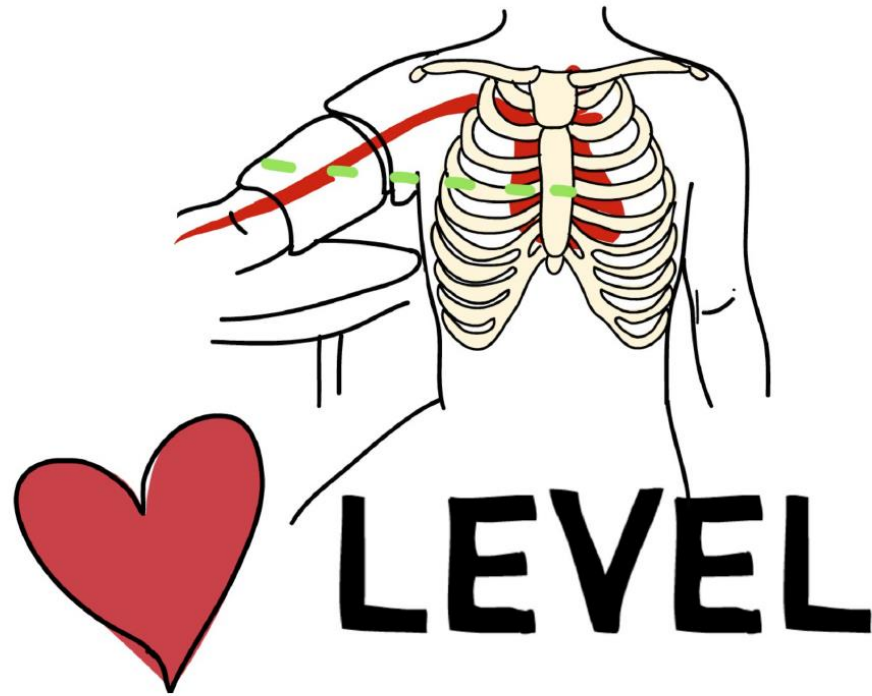
Step 3: Prepare the Person for BP measurement



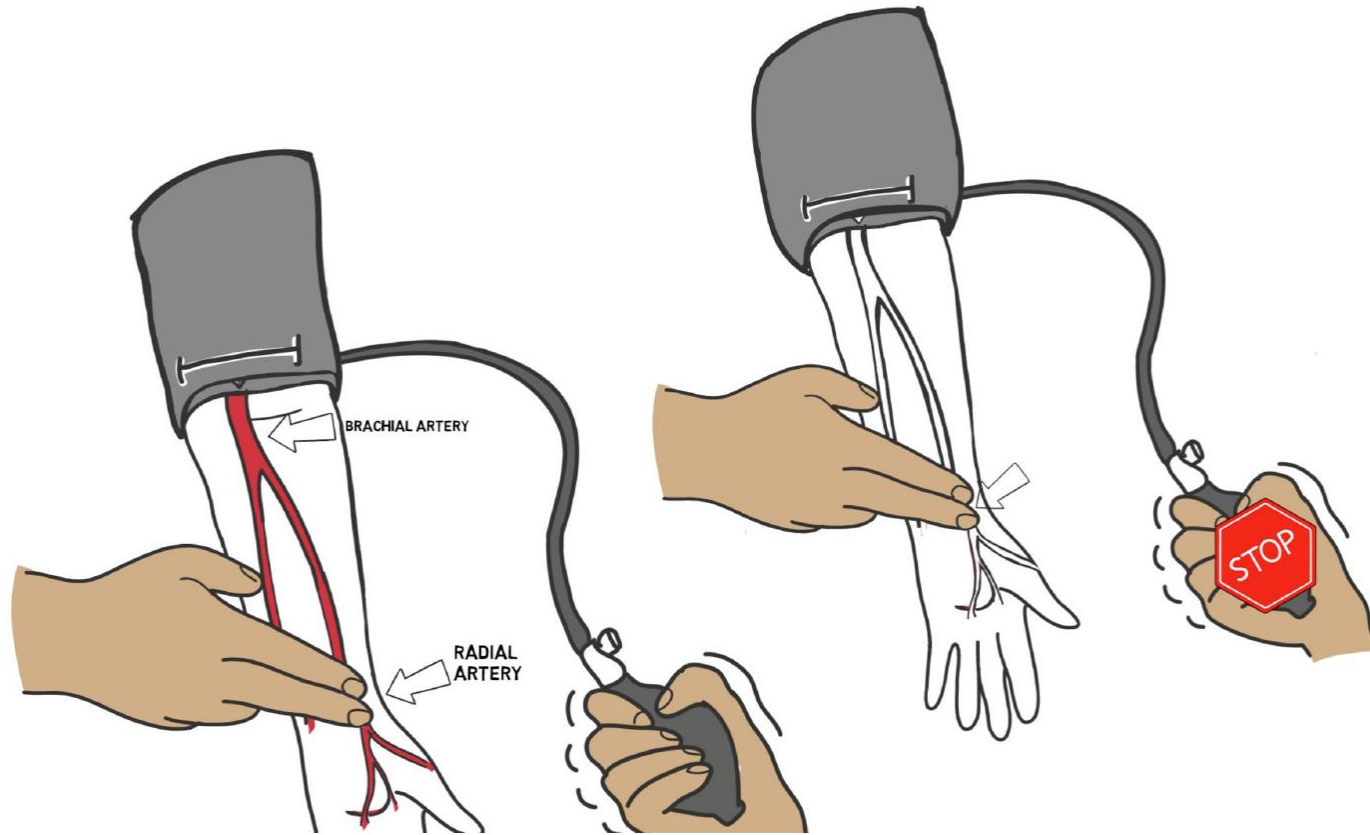
Step 3: Prepare the Person for BP measurement



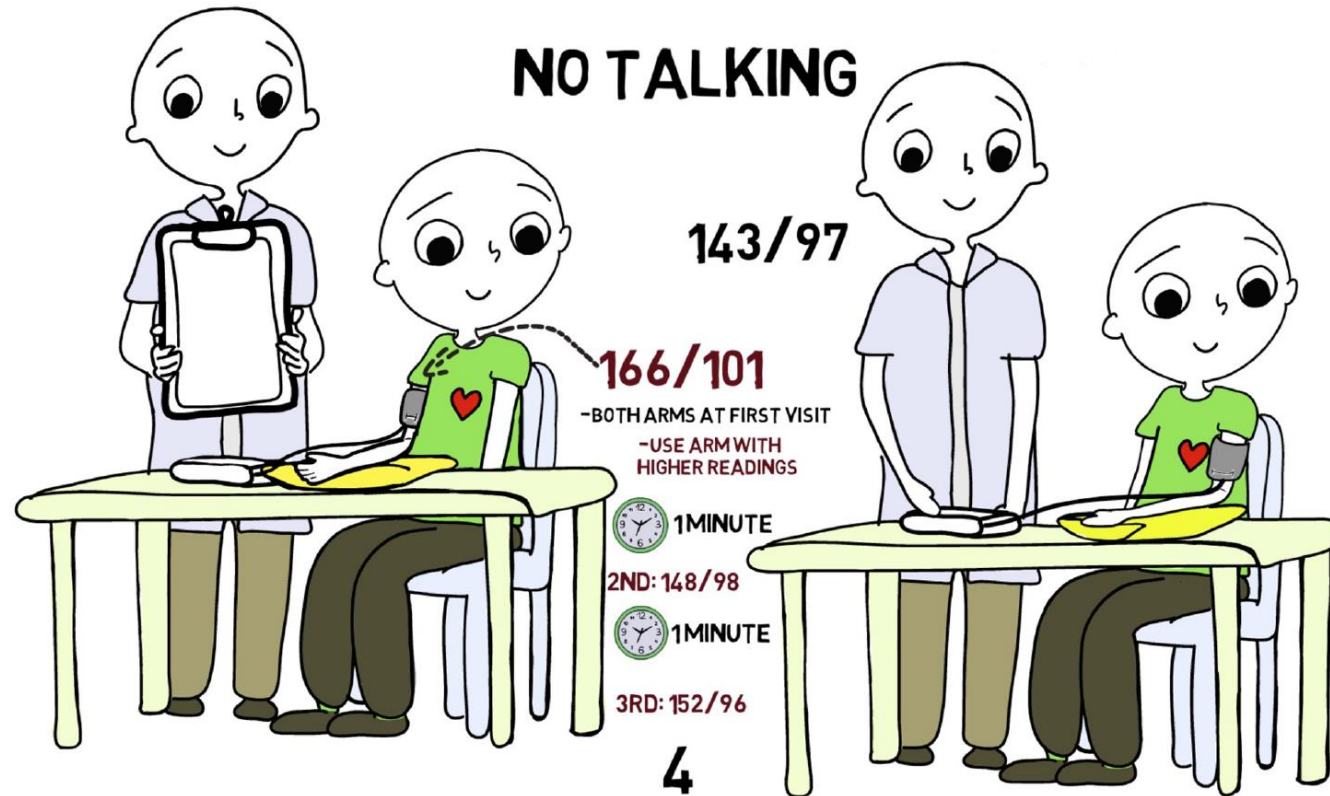
Step 3: Prepare the Person for BP measurement



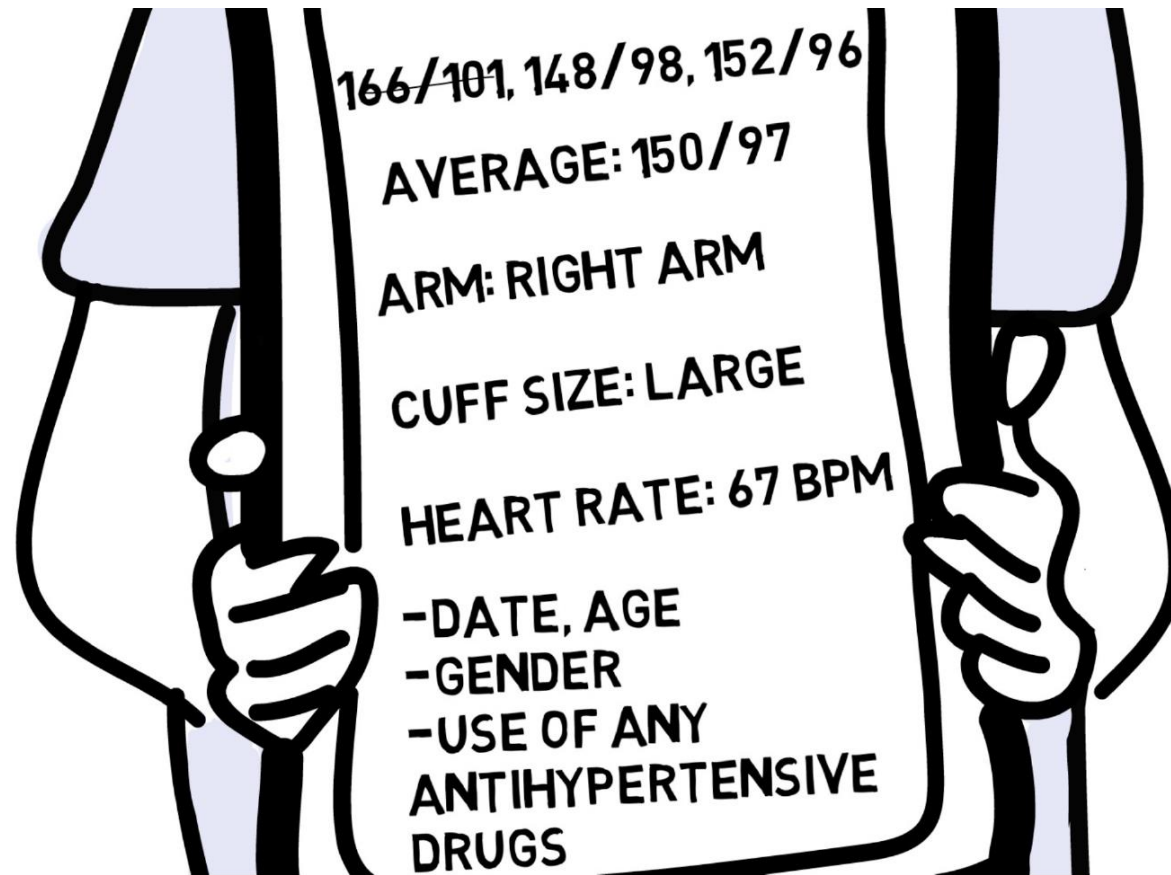
Step 4: Measure the Blood Pressure



Step 4: Measure the Blood Pressure



Step 5: Record the Results





HOW TO PROPERLY MEASURE BLOOD PRESSURE