



BLOOD PRESSURE MEASUREMENT TEST

Name _____

Pre-test _____

Post-test _____

Multiple Choice (circle the correct answer):

- 1. Normal blood pressure in adults (age 18 or older) is:**
 - a. 115/75
 - b. Below 120/80 mmHg
 - c. Below 160/90 mmHg
 - d. Depends on your age
- 2. The Korotkoff phase used to determine diastolic pressure in adults is:**
 - a. The phase when all sounds disappear.
 - b. The phase when the sounds suddenly become muffled.
 - c. The last sound heard through the stethoscope.
- 3. Which of the following can cause sounds to be heard down to zero?**
 - a. Anemia
 - b. Vigorous exercise
 - c. Heavy pressure on the stethoscope
 - d. All of the above
- 4. A cuff with a bladder too small for the screenee's arm will result in:**
 - a. An inaccurately high reading
 - b. An inaccurately low reading
 - c. Sounds heard down to zero
- 5. If the cuff is applied too loosely, the pressure reading will be:**
 - a. Too low
 - b. Too high
 - c. Not affected
- 6. Common causes of errors in blood pressure measurement include:**
 - a. Dirty mercury or dirty glass tube
 - b. Cuff applied over clothing
 - c. Leaks in the pressure bulb or tubing
 - d. Arm above or below heart level
 - e. All of the above
- 7. Some factors that can alter blood pressure are:**
 - a. Smoking
 - b. Anxiety and other emotional states
 - c. Talking
 - d. Full bladder
 - e. All of the above
 - f. b & d only
- 8. Maximum Inflation Level refers to:**
 - a. The maximum level to which the manometer can be inflated (300 mmHg on some models – 250 mmHg on others).
 - b. The maximum systolic blood pressure of each individual.
 - c. The maximum level, as determined by palpating the radial pulse, to which the pressure in the cuff needs to be raised to accurately assess the systolic blood pressure.
- 9. When using the Auscultatory-Palpatory technique of blood pressure measurement, the pressure in the cuff should be raised:**
 - a. 20-30 mmHg higher than the point where the pulse disappeared
 - b. 30 mmHg higher than the systolic pressure
 - c. 20 mmHg higher than systolic pressure
- 10. While taking a blood pressure, the first sound heard through the stethoscope is at 150 mmHg and sounds are heard from 150 until the last sound is heard at 78 mmHg. What is the screenee's Blood Pressure?**
 - a. 150/78
 - b. 148/76
 - c. 150/76
 - d. 148/78
- 11. While taking a blood pressure, the screener is not sure whether the first sounds were heard at 170 mmHg. What action should be taken?**
 - a. Immediately deflate the cuff to "0", wait 15-30 seconds and reinflate the cuff.
 - b. Immediately reinflate the cuff above 170 mmHg and listen carefully for the first Korotkoff sounds.
 - c. Deflate the cuff to "0". Immediately reinflate to 30 mmHg above estimated systolic pressure and listen carefully for the first Korotkoff sounds.



BLOOD PRESSURE MEASUREMENT QUIZ

(CONTINUED)

12. When performing the Auscultatory-Palpatory technique of blood pressure measurement, you feel the radial pulse disappear at 176 mmHg. What should you do next?

- Continue to inflate the cuff to 206 mmHg; place the stethoscope over the brachial artery; slowly deflate the cuff and listen for the Korotkoff Sounds.
- Place the stethoscope over the brachial artery, slowly deflate the cuff and listen for the Korotkoff sounds.
- Deflate the cuff fully; wait 15-30 seconds; place the stethoscope over the brachial artery; reinflate to 206 mmHg and listen for the Korotkoff sounds.

13. Which of the following will increase the loudness of the Korotkoff sounds?

- Have the screenee open and close their fist 8-10 times after the pressure cuff has been inflated above systolic level.
- Rapidly inflating the cuff.
- Raise the screenee's arm above heart level for several seconds — inflate the cuff above the systolic level while the arm is still elevated — lower the arm and proceed with the blood pressure measurement.
- All of the above
- a & c only

14. The screenee, a 25-year-old white male, has just run up five flights of stairs — what action should be taken?

- Have the screenee rest 5 minutes and then proceed with the measurement.
- Wait until pulse has returned to normal before measuring blood pressure.
- Have screenee return in 30 minutes for Blood Pressure check — advise the screenee not to do any exercise or other strenuous activity before returning.

15. If the cuff is deflated too rapidly, which of the following might happen?

- Auscultatory gap may occur
- Inaccurate reading
- An increase in systolic pressure
- a & b only

True or False (circle the correct answer):

1. To avoid incorrectly assessing the systolic blood pressure due to the auscultatory gap, the auscultatory-palpatory (AP) technique of blood pressure measurement should always be used.

True False

2. A diagnosis of hypertension (high blood pressure) cannot be made from one blood pressure reading.

True False

3. A high diastolic blood pressure indicates more of a risk for complications (in most people, especially those over age 55) than a high systolic.

True False

4. You should not have your Blood Pressure checked immediately after smoking.

True False

5. If the initial blood pressure reading is greater than or equal to 120/80, two more readings should be taken.

True False

MULTIPLE CHOICE 1. (b) Below 120/80 mmHg. 2. (a) The phase when all sounds disappear. 3. (d) All of the above. 4. (a) An inaccurately high reading. 5. (b) Too high. 6. (e) All of the above. 7. (e) All of the above. 8. (c) The maximum level, as determined by palpating the radial pulse, to which the pressure in the cuff needs to be raised to accurately assess the systolic blood pressure. 9. (a) 20-30 mmHg higher than the point where the pulse disappeared. 10. (c) 150/76. 11. (a) Immediately deflate the cuff to "0", wait 15-30 seconds and reinflate the cuff. 12. (c) Deflate the cuff fully; wait 15-30 seconds; place the stethoscope over the brachial artery; reinflate to 205 mmHg and listen for the Korotkoff Sounds. 13. (d) All of the above. 14. (c) Have screenee return in 30 minutes for Blood Pressure check — advise the screenee not to do any exercise or other strenuous activity before returning. 15. (b) Inaccurate reading. **TRUE OR FALSE** 1. True 2. True 3. False 4. True 5. True

BLOOD PRESSURE MEASUREMENT QUIZ ANSWER KEY