

Table 1: Factors Affecting Accuracy of Blood Pressure Measure⁴

Factor	Magnitude of systolic/diastolic blood pressure discrepancy (mm Hg)
Talking or active listening	10 / 10
Distended bladder	15 / 10
Cuff over clothing	5–50 / Not applicable (NA)
Cuff too small	10 / 2–8
Smoking within 30 minutes of measurement	6–20 / NA
Paralyzed arm	2–5 / NA
Back unsupported	6–10 / NA
Arm unsupported, sitting	1–7 / 5–11
Arm unsupported, standing	6–8 / NA

Table 2: Hypertension Treatment Guidelines¹

Guideline	Target Goals	Example
American College of Cardiology/American Heart Association	<140/90 for ages 60 and older	A 65-year-old patient with a blood pressure (BP) of 145/90 would be started on drug therapy with a goal target BP of <140/90.
Eighth Joint National Committee	<150/90 for ages 60 and older	A 65-year-old patient would not need to be treated until BP reaches 150/90 with a goal BP of <150/90 (not 140/90).
American Society of Hypertension	<150/90 for ages 80 and older	A 65-year-old patient with a BP of 145/90 would be started on drug therapy with a goal target BP of <140/90. If the patient is aged 80 or older, BP treatment would be started if BP is >150/90 with a goal BP of <150/90.