

# Effective Diagnosis, Treatment, and Monitoring of Hypertension in Primary Care

## Facilitator Notes

# 2

## Measurement of Blood Pressure

Content should be adapted with country-specific information prior to use. **Red text** denotes places where modification may be required. Guidance on how to adapt the training is provided in the Course Overview.

Facilitators should review all materials prior to the training workshop to ensure they have a full understanding of the session and to determine what hard copy print outs will be required to conduct the exercises.

## Overview of session

*Participants will apply what they learn about the measurement of blood pressure to the primary health care setting.*

## Instructions for demonstration

- A total of **20** minutes is recommended for this demonstration.
- Walk participants through the guidance provided on pages **3–7 of the Participant Guide**. Demonstrate when and how to measure blood pressure in real time, using a volunteer. Discuss how to diagnose hypertension.
- If possible, show the media clips below to the audience:  
<https://www.youtube.com/watch?v=RAGxm32ftbU>  
<http://respiratory-guide.azurewebsites.net/bloodPressure/practice-taking-blood-pressure>
- Once completed, ask trainees to do Exercise 1.



### **EXERCISE 1: PRACTISE MEASURING BP**

## Instructions

- A total of **30** minutes is recommended for this exercise.
- Ask the participants to get into pairs and to practise taking blood pressure on each other, using the guidance and steps provided in the Participant Guide.