



Blood pressure

Blood pressure:- is the force of blood flow on the walls of the body's arteries, which are the main blood vessels in the body. Hypertension occurs when blood pressure is too high. Blood pressure is measured in two numbers. The first number (systolic) represents the pressure inside the blood vessels as the heart contracts or beats. is measured in millimeters of mercury (mm Hg). A typical blood pressure is over 80." The first number represents the pressure when the heart 120" contracts and is called the systolic blood pressure. The second number represents the pressure when the heart relaxes and is called the diastolic .blood pressure



The method of work:-

1. Deflate the air bladder of the cuff and place it around the upper arm so it fits snugly. If you're right handed, you should hold the bulb/pump in your left hand to inflate the cuff. Hold it in the palm so your fingers

- can easily reach the valve at the top to open and close the outlet to the .air bladder
2. Put the head of the stethoscope just under the edge of the cuff, a little .above the crease of the person's elbow
 3. Inflate the cuff with brisk squeezes of the bulb. Watch the pressure gauge as you do it, you should go to around 150 mmHg or until the pulse is no longer heard. At this point blood flow in the underlying .blood vessel is cut off by pressure in the cuff
 4. At around 150, slightly open the valve on the air pump (held in your left hand). This part takes practice, it's important that you don't let the .air out too suddenly
 5. Now, pay attention to what you hear through the stethoscope as the needle on the pressure gauge falls. You will be listening for a slight blrrp" or something that sounds like a "prrpshh". The first time you "hear this sound; note the reading on the gauge. This value is the .systolic blood pressure
 6. .The sounds should continue and become louder in intensity
 7. Note the reading when you hear the sound for the last time. This is .the diastolic blood pressure

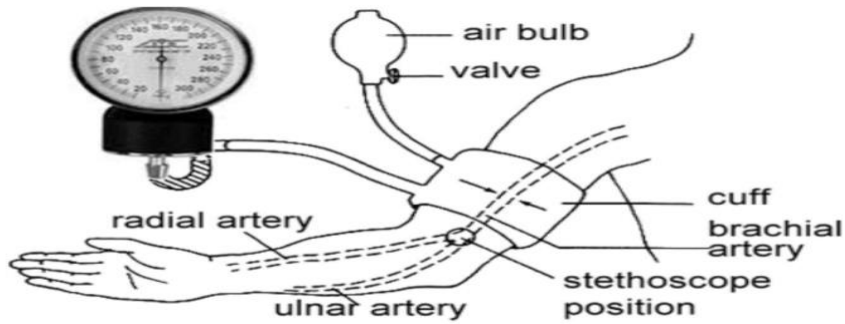


Table representing normal blood pressure.

Normal blood pressure	The age
117/77	19 year
120/78	25-20 year
119/76	30-26 year
114/75	35-31 year
120/75	36-40 year
115/78	45-41 year
119/80	50-46 year