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## 高血壓照護-量血壓

### Hypertension care- blood pressure measurement

#### 一、原則及注意事項:


- 1.室溫應適中，避免過冷或過熱。
- 2.衣袖不可過緊。
- 3.測血壓前30 分鐘內勿運動、飲食、抽煙，同時避免焦慮、情緒不安及憋尿。
- 4.測血壓需一次完成，若未完成則應鬆開壓脈帶，休息2~3 分鐘再重新量一次。
- 5.當氣溫有變化，性別、年齡、運動、情緒、洗澡、喝酒及體位不同，測量時間不同都會影響血壓的小幅度升高或降低，所以盡量在每天同時間，以同一血壓計測量。
- 6.正常血壓值：收縮壓在130mm Hg 以下，舒張壓在85 mm Hg 以下。

#### 一、Principles and notes:

- 1.The room temperature should be moderate, and be sure not to be too cold or hot.
- 2.The sleeves can't be too tight.
- 3.30 minutes before measuring the blood pressure, we should avoid exercise, eat and smoke. Also, we should avoid feeling anxious, apprehensions, and suppresses the urine.
- 4.We should finish the blood pressure measurement at one time. If we can't finish it, just release the pressure cuff, rest for 2-3minutes, and measure the blood pressure again.
- 5.The temperature, sex, age, exercise, mood, bathing, drinking, posture, and measurement time will increase or decrease the blood pressure slightly, so use the same sphygmomanometer to measure the blood pressure at the same time every day as far as possible.
- 6.Normal Blood Pressure Range: Systolic blood pressure below 130mm Hg, diastolic blood pressure below 85 mm Hg

#### 二、方法:

- 1.最好穿著寬鬆的衣服，並在安靜的環境下坐著休息至少10-15 分鐘，量血壓前30分鐘切勿抽煙、喝咖啡或茶等刺激性飲料。
- 2.以坐姿測量血壓時，被量的人應舒適、輕鬆的坐好，將要受測量的上臂微彎伸向前

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外側，使與軀幹呈45 度左右角度，再將前臂平放在可使上臂與心臟與一同水平的桌面，或墊子上，手心向上、手放輕鬆、勿握拳。

- 3.電子血壓計的測量方式比較簡單，手臂纏繞上氣袋，啟動後，勿移動測量手臂及勿說話，稍後測量結果便會以數字顯示。
- 4.若血壓值過高應立即通知家屬及醫護人員。
- 5.將血壓值紀錄於紀錄本。

## 二Methods:

- 1.Before measuring the blood pressure, we should wear loose-fit clothes, and sit and rest in a quiet place for at least 10-15 minutes. 30 minutes before measuring the blood pressure, please don't smoke or drink the stimulating beverages like coffee or tea.
- 2.While measuring the blood pressure, the patient should sit free and easy. Then rest his/her hand on the table and make a 45 degree angle with the body. Be sure the arm and the heart are at the same level, with the palm up and hand relaxed.
- 3.The measurement of electronic sphygmomanometer is relatively easy. First, we should put the airbag around the arm and then start the power. While measuring the blood pressure, don't move the arm and talk. Later the measurement results will be displayed as numerals.
- 4.If the blood pressure is too high, notify your family and medical staff.
- 5.Write down the blood pressure values on a minute book.

以上資料來源自台灣長期照護專業協會，  
若您對以上內容有任何疑問時，請洽詢護理人員。