


Blood Pressure Chart– CT002

<p>Description</p>	<p>◆ This chart sets out the standardised procedures for assessing an individual's blood pressure. It gives information about systolic and diastolic blood pressure as well as a classification table which states recommended follow -up criteria for different blood pressure readings. The chart also illustrates the protocol involved when taking blood pressure. It is one of 8 charts which make up the Health / Fitness Assessment Protocols that are used by fitness instructors to assess their customers level of health and fitness.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The image shows an A3 size chart titled "Blood Pressure". It is divided into three main sections:</p> <ul style="list-style-type: none"> Equipment - Sphygmomanometer and Stethoscope: This section lists the necessary equipment and provides instructions on how to check for leaks and ensure the device is properly calibrated. Classification Table: A table that categorizes blood pressure readings into different levels (e.g., Normal, Prehypertension, Stage 1 Hypertension, Stage 2 Hypertension) and provides corresponding follow-up criteria for each. Protocol: A series of four numbered steps with accompanying photographs illustrating the correct technique for taking a blood pressure reading, from cuff placement to auscultation.