

Table I. Factors that can lead to inaccurate blood pressure estimation

Factor	Increase in Blood Pressure
Talking	7-10 mmHg
Listening	5 mmHg
Crossed Legs	2-8 mmHg
No back support	6-10 mmHg
Arm unsupported	<u>Systolic</u> :1-7 mmHg; <u>Diastolic</u> : 5-11 mmHg
Arm positioned with center of bladder at heart level	Each inch above this level decreases BP by ≥ 2 mm Hg, and vice versa*
Oscillometric Device	<u>Systolic</u> :10 mmHg; <u>Diastolic</u> :5 mmHg
Distended urinary bladder	10-15 mmHg
Recent caffeine intake	<u>Systolic</u> :10 mmHg; <u>Diastolic</u> :5 mmHg
Recent smoking	<u>Systolic</u> : 6 mmHg; <u>Diastolic</u> :5 mmHg
Cuff over clothing	<u>Systolic</u> : 5-50 mmHg
Cuff too small	<u>Systolic</u> :10 mmHg; <u>Diastolic</u> :2-8 mmHg