



Trials of Hypertension Prevention  
(TOHP), supported by the National  
Heart, Lung, and Blood Institute,  
National Institutes of Health

Visit \_\_\_\_\_  
ID number \_\_\_\_\_  
Initials \_\_\_\_\_  
Visit date \_\_\_\_/\_\_\_\_/\_\_\_\_

**TRIALS OF HYPERTENSION PREVENTION  
Blood Pressure Measurements**

WAIT 5 MINUTES SEATED

Cuff size                                      Small adult (< 24cm) \_\_\_\_ (1) Adult (24-32cm) \_\_\_\_ (2)  
Large adult (33-41cm) \_\_\_\_ (3) Thigh (> 41cm) \_\_\_\_ (4)

Resting 30-second pulse .....                                      \_\_\_\_ /30 sec.

Pulse obliteration pressure (POP) .....                                      \_\_\_\_ \_\_\_\_ mm Hg  
+ 6 0

Peak inflation level for RZM (PIL) .....                                      \_\_\_\_ \_\_\_\_ mm Hg

1. First random zero blood pressure .....                                      SBP/DBP  
Uncorrected value .....                                      \_\_\_\_ / \_\_\_\_ mm Hg  
Zero value .....  
Corrected value .....                                      \_\_\_\_ / \_\_\_\_ mm Hg

WAIT 30 SECONDS

2. Second random zero blood pressure .....                                      SBP/DBP  
Uncorrected value .....                                      \_\_\_\_ / \_\_\_\_ mm Hg  
Zero value .....  
Corrected value .....                                      \_\_\_\_ / \_\_\_\_ mm Hg

WAIT 30 SECONDS

3. Third random zero blood pressure .....                                      SBP/DBP  
Uncorrected value .....                                      \_\_\_\_ / \_\_\_\_ mm Hg  
Zero value .....  
Corrected value .....                                      \_\_\_\_ / \_\_\_\_ mm Hg

4. Sum of 3 corrected SBP's and 3 corrected DBP's .....                                      \_\_\_\_ / \_\_\_\_ mm Hg

5. Weight .....                                      \_\_\_\_ lbs.

**If sum of 3 SBP's  $\geq$  480 or 3 DBP's  $\geq$  270, notify Clinic Coordinator or  
designee before participant leaves clinic.**

Staff ID \_\_\_\_\_

Editor ID \_\_\_\_\_