Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_

*PROCEDURES*

1. When having your blood pressure taken, you should do all of the following **except:**
   1. Relax your body
   2. Have your feet flat on the floor
   3. Hang your arms relaxed at your sides
   4. Sit up straight
2. Pulse can be found by using your index finger and middle finger on the
   1. Brachial artery or carotid artery
   2. Radial artery or carotid artery
   3. Brachial artery or radial artery
   4. (none of the above are correct, you must use your thumb to take pulse)
3. The maximum point of inflation is
   1. Always 120 mmHg
   2. Needed before finding blood pressure
   3. The top number recorded for blood pressure
   4. Found by using the stethoscope on the radial artery
4. The sphygmomanometer should be applied
   1. About an inch proximal to the brachial artery
   2. About an inch distal to the brachial artery
   3. About an inch proximal to the radial artery
   4. About an inch distal to the radial artery
5. The sphygmomanometer should be tight enough so that
   1. You cannot fit your fingers under the cuff
   2. You can fit one finger snuggly under the cuff
   3. You can fit two fingers snuggly under the cuff
   4. You can fit three fingers snuggly under the cuff
6. Blood pressure is found by
   1. Using the stethoscope on the radial artery
   2. Using the stethoscope on the brachial artery
   3. Pressing my index finger and middle finger on the radial artery
   4. Pressing my index finger and middle finger on the brachial artery
7. When taking blood pressure, the most pressure you should ever inflate the sphygmomanometer to is
   1. 120 mmHg
   2. 140-150 mmHg
   3. the maximum point of inflation
   4. 20-30 mmHg above the maximum point of inflation
   5. 300 mmHg
8. Systolic pressure represents the
   1. First beat you hear
   2. Last beat you hear
   3. Time in seconds until first beat is heard
   4. Time in seconds until the last beat is heard
9. Diastolic pressure represents the
   1. First beat you hear
   2. Last beat you hear
   3. Time in seconds until first beat is heard
   4. Time in seconds until the last beat is heard

*RESULTS*

1. Normal **systolic** pressure is at or below
   1. 80 mmHg
   2. 100 mmHg
   3. 120 mmHg
   4. 140 mmHg
2. Referring to your answer above, which of the following is outside of the normal range for **systolic** pressure?
   1. – 10 mmHg
   2. – 1 mmHg
   3. + 3 mmHg
   4. +11 mmHg
3. Normal **diastolic** pressure is at or below
   1. 80 mmHg
   2. 100 mmHg
   3. 120 mmHg
   4. 140 mmHg
4. Referring to your answer above, which of the following is outside of the normal range for **diastolic** pressure?
   1. – 10 mmHg
   2. – 1 mmHg
   3. + 3 mmHg
   4. + 11 mmHg
5. The normal range for **pulse** is
   1. 20 – 60 bpm
   2. 40 – 80 bpm
   3. 60 – 100 bpm
   4. 80 – 120 bpm

*SYMPTOMS*

**For the following symptoms, select “A” for HIGH blood pressure or “B” for LOW blood pressure:**

1. fainting
2. severe headaches
3. severe anxiety
4. dizziness
5. nosebleeds
6. blurred vision