

# BMT202 MESLEKİ YABANCI DİL 2

## 4.HAFTA

GAMA MESLEK YÜKSEKOKULU  
ÖĞR.GÖR.MEHMET DURSUN

## DETAILED INSTRUCTIONS FOR CORRECT CUFF PLACEMENT

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1. Unroll the cuff and pull the tab



2. Insert your arm through the cuff loop



3. Close the cuff

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1. Ideally, remove close-fitting garments from upper arm.

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If you roll up your sleeve, ensure it does not cause constriction of the blood flow in your upper arm.

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2. Unroll the cuff of your QardioArm, and pull the tab to open the cuff loop. (As indicated in drawing 1.)

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3. Insert your arm inside the cuff loop. (As indicated in drawing 2.)

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4. Pull the cuff to close it around your arm.

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You should fit the cuff closely, but not too tight so you can insert a finger between your arm and the cuff. (As indicated in drawing 3.)

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5. Make sure that the cuff is positioned about 1 inch or 2 cm above the elbow, and your QardioArm is positioned on the inner side of the arm, over the artery.

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The Qardio logo should be on the bottom, towards your hand.

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6. Support your arm so it is relaxed, and ensure that the QardioArm is at the same height as your heart.

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Your arm should remain slightly bent while taking the measurement.

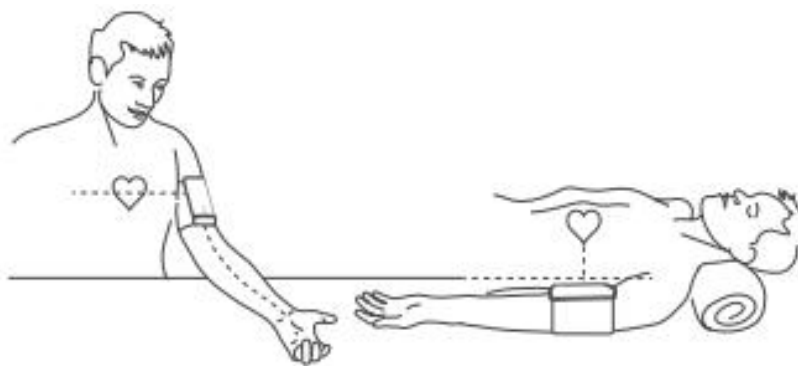
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**BODY POSTURE DURING BLOOD PRESSURE MEASUREMENT**

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Note: Blood pressure can be affected by the position of the cuff and your Physiological condition.

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### Sitting During Measurement:

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1. Be seated with your feet flat on the floor without crossing your legs.

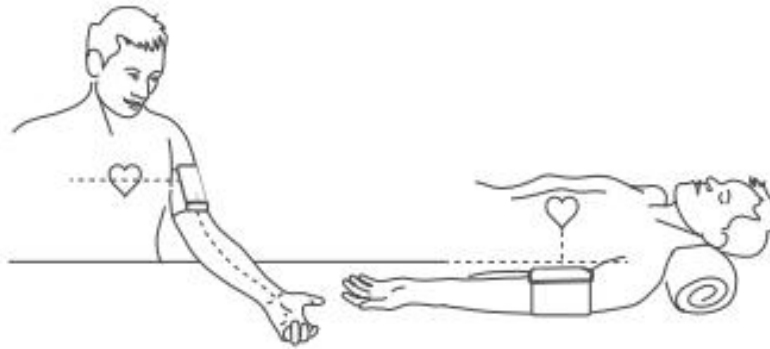
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2. Place your hand, palm-side up, in front of you on a flat surface such as a desk or a table.

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3. The middle of the cuff should be at the same level as your heart.

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Lying Down During Measurement:

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1. Lie on your back.

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2. Straighten your arm alongside your body with your palm facing up.



3. The cuff should be placed at the same level as your heart.



Kaynakça:

QUARDIOARM - THE SMART BLOOD PRESSURE MONITOR - YOU WILL ACTUALLY USE

User Manual.

[www.getqardio.com/manuals](http://www.getqardio.com/manuals)