



Effects of Cuff Size on the Accuracy of Blood Pressure Readings: The Cuff(SZ) Randomized Crossover Trial | Cardiology | JAMA Internal Medicine | JAMA Network

Question What is the effect of using a regular size blood pressure (BP) cuff regardless of an individual's mid-upper arm circumference on BP readings when using an automated device?

Findings In this randomized crossover trial of 195 community-dwelling adults with a wide range of mid-arm circumferences, use of a regular BP cuff resulted in a 3.6-mm Hg lower systolic BP reading among individuals requiring a small BP cuff. In contrast, among individuals requiring a large or extra-large BP cuff, use of a regular BP cuff resulted in 4.8-mm Hg and 19.5-mm Hg higher systolic BP readings, respectively.

Meaning Using a regular BP cuff size for all individuals regardless of arm size resulted in strikingly inaccurate BP readings with an automated device; a renewed emphasis on individualized BP cuff selection is warranted, particularly in individuals with larger arm sizes.

https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2807853?guestAccessKey=78805a6c-527c-47b7-af0a-ac40cc3caffc&utm_content=weekly_highlights&utm_term=082723&adv=000375050421&utm_source=silverchair&utm_campaign=jama_network&cmp=1&utm_medium=email