

The title clearly expresses what the instructions are going to help the user perform.

Who do you think the target audience is for these instructions?



BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

Is this illustration effective?

These instructions should indicate each step in the process with a number.

Abbreviations, like, "min," should not be used unless you are certain the audience understands.

The document is inconsistent. "Minutes," is spelled out, then it is abbreviated in other steps. This may damage the credibility.

DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

Using text in all-caps makes it difficult to read easily. All-caps text is very difficult for readers to distinguish different characters.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

This document uses a lot of bold color, and there is a lot of information on one page, which make it difficult to use.

American Heart Association recommended blood pressure levels

This table provides a lot of information that may not be understood by readers making it incomprehensible.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

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