

## **A & D Blood Pressure Monitors**

### **Ten Frequently Asked Questions**

#### **1. How accurate are A&D BP Monitors?**

- They are accurate to 3mmHg or +/- 2%, whichever is greater – if used correctly

#### **2. Are all BP Monitors in the UK this accurate?**

- All monitors sold in the UK should meet these minimum CE standards but monitors are checked on static bench tests – not on patients.

#### **3. So how can I be sure that I have an accurate BP Monitor?**

- Ensure that you use validated BP Monitors from a reputable manufacturer or supplier. This guarantees accurate pressure setting plus reliable calculation algorithm.

#### **4. What does validated mean?**

- A validated monitor has been subject to an objective clinical study according to prescribed protocol and then the results are published in a recognised medical journal or website for peer group review. Check sites such as [www.bhsoc.org](http://www.bhsoc.org)

#### **5. What does A/A (or double A) grade validation mean?**

- Any BP monitor achieving A/A (or double A) grade, according to BHS protocol, has achieved the highest acceptable grade (to within 5mmHg). Grade B is still acceptable (+/-10mmHg) but Grade C or below is not suitable (>+/-15mmHg).

The first A represents accuracy of Systolic reading and the second A is for Diastolic.

#### **6. How long is the Guarantee?**

- Two Year Warranty on all A&D products – consumer should keep their receipt as proof of purchase

#### **7. How often do the monitors need recalibrating?**

- In professional use we would recommend every year but in a domestic environment once every two years should be adequate.

#### **8. Can you use rechargeable batteries?**

- The monitors are supplied with long life alkaline batteries that should give over 500 inflations/readings but you can use rechargeable batteries although they will not last as long.

#### **9. Are Wrist monitors as accurate as Upper Arm monitors?**

- A&D Wrist monitors use similar oscillometric technology to the Upper Arm models but the physiology of the human wrist will limit 5-10% of users from achieving accurate results. Just as significant is the position of the cuff, which must be at heart level. Clinical professionals prefer upper arm readings and may consider wrist monitors a useful guide, so if the results are to be discussed with a doctor go with an Upper Arm monitor.

#### **10. What is the most common cause of inaccurate readings?**

- Users forget that these easy-to-use monitors are diagnostic products and they usually do not sit still and quiet while they are taking a reading. Remember that readings will normally be lower at home than in a doctor's surgery.