iHerz®

INTELLIGENTE PFLEGE

Aneroid
BLOOD PRESSURE KIT
model iBase

USER'S MANUAL

ANEROID BLOOD PRESSURE KIT model iBase

CAUTION:
This device is used to measure arterial blood pressure. Please read all instructions before using this instrument to take your blood pressure. Follow all CAUTIONS to avoid damaging the instrument or hurting yourself. Talk to your doctor for information about your blood pressure.

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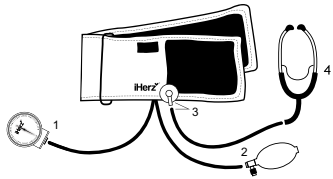
UNIT ASSEMBLY

Lay out the parts as pictured. The cuff should already be folded through the metal D-ring. If the cuff is not pre-folded, lay the cuff flat in front of you. Place the metal D-ring on your left. Pull the end of the cuff through the metal bar. If you fold the cuff correctly, the hook and pile material faces the outside of the cuff loop.
Look at the drawing to help you put the unit together.

1. Attach the gauge to the tubing on the left.
2. Attach the inflation bulb to the tubing on the right.
3. Attach the single end of the Y-tubing to the stethoscope chestpiece.
4. Attach the double end of the Y-tubing to the binaural.



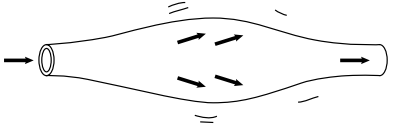
NOTE: Model iBase adult medium cuff fits arm circumference 22-36 cm. For easy assembly follow diagram.

Connect each component securely to avoid injury and instrument damage.

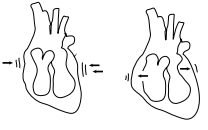
WHAT IS BLOOD PRESSURE?

Blood pressure is the force exerted on the walls of your blood vessels as blood flows through them.
The heart is like a pump. When it contracts. or beats, it sends a surge of blood through the blood vessels and pressure increases. This is called systolic pressure. When your heart relaxes between beats, your blood pressure decreases. This is diastolic pressure.
When a doctor takes your blood pressure, he or she measures both your systolic and diastolic pressures and records them as numbers. For example, if your blood pressure reading is 126/76(126 over 76), your systolic is 126 and your diastolic is 76. The numbers are calculated in millimeters of mercury and recorded as 126/76 mmHg.
Blood pressure varies during the day. Factors influencing your blood pressure include physical activity, medications, and your emotional and physical condition. A single measurement does not provide a true picture of your blood pressure. You need to measure your blood pressure over a period of time.

IMPORTANT: CONSULT YOUR DOCTOR TO DETERMINE YOUR NORMAL BLOOD PRESSURE. ONLY A DOCTOR IS QUALIFIED TO DIAGNOSE AND TREAT HIGH BLOOD PRESSURE. PRACTICE THE MEASUREMENT PROCEDURES FOR THIS INSTRUMENT CAREFULLY. CHECK YOUR PROCEDURE WITH YOUR DOCTOR.



Heart Contracts
(Pressure Increases)



Heart Relaxes
(Pressure Decreases)

Indications for the use of non-automatic sphygmomanometers are any states that lead to an increase in blood pressure (in particular, the hypertonic disease, the cardiovascular disease, the heart attack, or the stroke).

The Korotkov method distinguishes five phases of tones:
Phase I: the appearance of first permanent tones, the intensity of which increases as the air is released from the pressure cuff. Indications of the sphygmomanometer at the first tone corresponds to the level of systolic arterial pressure.
Phase II: a “blowing” noise is added to the tones.
Phase III: intensity of tones and noise increases and reaches a maximum.
Phase IV: a sharp weakening of the tones and disappearance of the “blowing” noise. This phase can be used to determine the diastolic arterial pressure in the patients who do not have Phase V tones (tones are heard up to the zero mark of the sphygmomanometer).
Such patients can include children up to 12-14 years old, pregnant women, people with hyperthyroidism, aortic insufficiency, high cardiac minute output, and high body temperature.
Phase V: disappearance of tones. The indication of the sphygmomanometer at the last tone corresponds to the diastolic blood pressure level*.
*Key Moments of Internal Disease Diagnostics / Editor: Zh. D. Kobalava. — M.: Peoples’ Friendship University, 2011. — p. 175. — 397 pp.

Which Values are Normal?

The world standard as for the norms of the blood pressure is the Classification* of the World Health Organization (WHO):

Category	Systolic Blood Pressure (mmHg)	Diastolic Blood Pressure (mmHg)
Blood pressure too low	< 100	< 60
Blood pressure optimum	100 - 119	60 - 79
Blood pressure normal	120 - 129	80 - 84
Blood pressure slightly high	130 - 139	85 - 89
Blood pressure too high	140 - 159	90 - 99
Blood pressure far too high	160 - 179	100 - 109
Blood pressure dangerously high	≥ 180	≥ 110

* Printed with curtailments.
* The diagnosis of hypertension requires from the patient to combine medical treatment prescribed by the doctor and mode of life correction.
* People with normal pressure and high normal pressure are recommended to carry out self-control of their tension in order to timely take measures to decrease the blood pressure level down to the optimal one without using any medications.
* For people more than 50 years old high level of systolic blood pressure (higher than 140 mmHg) is more crucial than diastolic pressure.
* Even with blood pressure being normal, people run the bigger risk of hypertension development with advancing age.

ATTENTION

If you have normal results of blood pressure measured under calm conditions but your results are excessively high when measured under the conditions of physical or mental exhaustion, this might be a sign of so called brittle (that is unstable) hypertension. If you suspect that, please, consult your doctor.

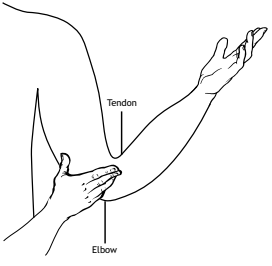
When measured correctly, if diastolic blood pressure is more than 120 mmHg, it is necessary to call the doctor immediately.

HOW TO TAKE A READING

1. Make sure you are seated with your feet flat and your back and arm supported. Rest your arm at heart level.

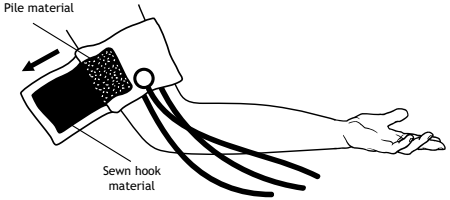
CAUTION: MAKE SURE ALL COMPONENTS ARE ASSEMBLED CORRECTLY AND SECURELY. FAILURE TO DO SO MAY RESULT IN INJURY OR AN INCORRECT READING.

2. Locate brachial artery by placing two fingers 2 cm above the bend of the elbow on the inside of the arm.



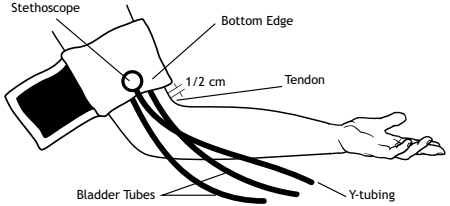
3. Put your left arm through the cuff loop. Place the bottom edge of the cuff approximately (1-2) cm above the elbow. Place the cuff so that the air-pipes were over the brachial artery.

4. The cuff should be wrapped so that it fits snugly and stays in place. You should be able to place one finger between the cuff and arm. Fasten the cuff by folding the end of the cuff over the D-ring and press the hook material firmly against the fuzzy pile material. Make sure the cuff sits correctly.

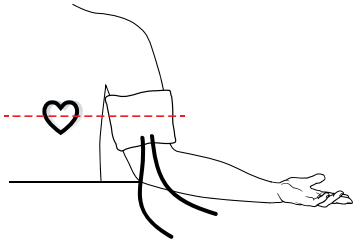


5. Put the chestpiece over the brachial artery under or 1-2 cm below the cuff.

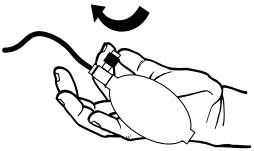
6. Insert stethoscope ear-pieces into ears.



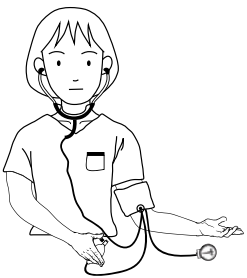
7. Rest your arm on a table. Relax your arm, and turn your palm upward. Ensure the cuff is same level as heart.



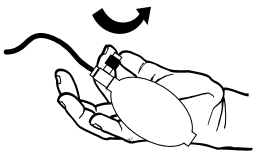
8. Place the gauge in front of you. Hold the bulb in your hand, which is not measured. Close the air release valve attached to the inflation bulb by turning it clockwise.



9. To inflate the cuff, rapidly squeeze the inflation bulb. If you KNOW your normal SYSTOLIC pressure, inflate the cuff until the gauge reaches approximately 30 mmHg ABOVE normal SYSTOLIC reading. If you are unsure or do not know your normal SYSTOLIC reading consult your doctor for the correct inflation level.
CAUTION: DO NOT INFLATE THE CUFF ABOVE 280 mmHg. YOU MAY INJURE YOURSELF OR DAMAGE THE INSTRUMENT.



10. Slowly open the air release valve by turning it counter-clock- wise. Release the air at a rate of (2-3) mmHg per second.



11. Listen carefully for the appearance of sounds, watching the gauge needle. When you hear the first appearance of sound, it is your SYSTOLIC blood pressure reading.
12. Continue to release the air at a rate of(2-3) mmHg per second. When you no longer hear any sounds, that is your DIASTOLIC blood pressure reading.
13. Turn the air release valve counter-clockwise to release the remaining air. Record your measurement in the record chart. You should record reading early, (not to forget values). Remove the stethoscope from your ears. Remove the cuff.

NOTE: If you want to take another reading, you can reinflate up to twice. Wait at least 5 minutes before measuring again, to avoid inaccurate readings due to the engorged blood vessels.

QUICK REFERENCE GUIDE

Before

1. MEASURE your blood pressure at the SAME TIME each day.
2. RELAX for at least 5 minutes before taking a measurement.
3. Remove tight fitting clothing from your upper arm.
4. DO NOT eat, smoke or exercise for at least 30 minutes before taking a measurement.

During

1. PLACE CUFF at the heart level.
2. STETHOSCOPE CHESTPIECE covers the BRACHIAL ARTERY.
3. INFLATE unit to proper level (30-40 mmHg above estimated systolic pressure).
4. DO NOT talk or move during a measurement.
5. DEFLATE unit at (2-3) mmHg per second.

After

1. WAIT 5-10 minutes before taking another measurement.

STORAGE AND CARE

Cleaning

• DON'T use organic solvents to clean the device.
• Wipe the sphygmomanometer and the compressor with a soft cloth. No sterilization of the sphygmomanometer is necessary because its parts must not come into contact with the parts of the patient's body during the measurement.
• Use a damp cloth or a mild detergent, then wipe with a dry cloth.
• Clean the pressure cuff, use a damp cloth or a soft detergent.
• Use disinfection wipers to disinfect the pressure cuff.
• DON'T wash the pressure cuff.
• DON'T iron the pressure cuff.

Storage of the device

To protect your unit from damage, please AVOID washing or moistening the cuff, dropping the gauge, or hitting the surface of the stethoscope. Your new blood pressure unit has been carefully checked to assure reli-

ability and accuracy prior to shipment and use. However, as with any sensitive instrument subjected to repeated use, we recommend that your blood pressure gauge be checked periodically. When the cuff is fully deflated, the gauge needle must stay within the accuracy indicator zone. If the needle points outside of the accuracy indicator zone, the gauge will give inaccurate readings. In this case you have to bring the device to the nearest service centre for calibration (address mentioned in warranty card).

WARRANTY

The blood-pressure monitor is guaranteed for 1,5 years from the date of purchase. Warranty for the cuff and bulb is 1 year from the date of purchase. The warranty is only valid upon presentation of the warranty card which was correctly filled in and sealed by the seller (or by the service center representative) with the date of the purchase (repair), the check, instruction manual and safe packaging of the device.

- The warranty does not apply to wear out of cuff, rubber tubes and packaging box.
- The warranty does not apply to damage caused by improper handling, accidents, not following the operating instructions or self-maintained alterations made to the device.
- The device cannot be returned if it is without original packaging, with mechanical damages (scratches, stains and so on) or without any component.
- The device which was used and needs repair cannot be replaced with a new one. In case there was violation of operating rules during warranty period, repair will be done at the expense of the consumer.

Important! No modification of this equipment is permitted.
Important! Do not modify this equipment without the manufacturer's permission.
Important! If this equipment changes, a corresponding inspection and testing must be carried out to guarantee further safe use.

SYMBOL DESCRIPTION

SYMBOL	DESCRIPTION
	Refer to User Manual
	Manufacturer

SN	Serial number
	Dispose of in accordance with requirements in your country
CE 0197	CE marking

TECHNICAL SPECIFICATIONS OF MODEL IBASE

Unit weight in an individual package:	not more than 0.5 kg
Unit dimensions in an individual package:	not more than 200 x 120 x 75 mm
Storage temperature:	-20 °C to +70°C
Humidity:	15% - 85% relative humidity (non-condensing)
Operation temperature:	10 °C to 40 °C
Measuring range:	20 to 300 mmHg
Measuring resolution:	2 mmHg
Graduation interval:	± 3 mmHg
Maximum allowable error:	± 3 mmHg/sec.

Accessories:

1. Sphygmomanometer.
2. Cuff (medium size cuff for adults, with arm circumference of 22-36 cm) with inlaid bladder.
3. Bulb and valve.
4. Stethoscope.
5. Soft bag.
6. Packaging.

Important

• Manual disassembly of the sphygmomanometer is forbidden
• This device must be disposed of in accordance with local regulations and must not be disposed of with household garbage.

Information on standards

This appliance meets the requirements of the EEC Directive as regards medical equipment 93/42 / EEC.

CHECKING

The device is calibrated at manufacturing checking. During usage and after repair it is recommended to check the device 1 time a year, in authorized laboratories with a standard, which is traced in national standards.
* Maintenance of a blood pressure meter is not carried out by the consumer.