

## Impact of Scrub Color on Initial Blood Pressure Measurement in a Family Practice Clinic.

### Investigator Contact info:

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### Pre & Post-Test Questions (answers available on last slide of presentation):

- T/F: Color can impact response to Placebo medications.
- T/F: Cuff placement is irrelevant when checking blood pressure
- T/F: A patient needs to rest 25 minutes before checking blood pressure

### Background info:

- Sunrise Medical Center was considering a policy to have nursing staff wear a uniform scrub color that was unique to each unit.
  - All color were being considered, decisions were to be made by the nursing staff.
  - Scrubs would be purchased by the medical center and laundry services provided
- Tablet color has been shown to affect placebo effectiveness.
  - Allen and colleagues concluded that blue tablets were more effective for pain compared to yellow and green tablets.<sup>1</sup>
  - Bhatt and colleagues concluded that a pink tablet was more effective than a green tablet for insomnia.<sup>2</sup>
- It was hypothesized that scrub uniform color may affect the blood pressure in a clinic setting.

### LPN Training:

- Pharmacy resident gave an in-service to the Family Practice Clinic providers and nurses (including the LPN who obtained the initial blood pressure checks)
  - AHA Scientific Statement, Recommendations for Blood Pressure Measurement in Humans was reviewed.<sup>3</sup>
  - Manufacturer guidelines for the ambulatory BP machine used by the clinic was reviewed, including cuff size determination, cuff placement, and utilizing the arm rest to ensure proper arm placement.<sup>4</sup>

### Results:

Scrub Color	# of Readings	Average BP
Pink	438	142/89
Blue	456	145/91

2 tailed t-test,  $\alpha = 0.05$ ,  $p = 2.1$ , no significant difference between the groups

### Conclusion:

- Scrub color did not impact initial blood pressure reading
- The average blood pressure for adults at the Sunrise Family Practice Clinic is above the 140/90 goal.

### References

1. Allen K, Smith R. Tablet Color and Pain Control. *Eu Pcol Soc*, 2001;108:268-271.
2. Bhatt J, Adams T, Jory C, et al. Variable sleep response based on Tablet Color. *Am Soc Pharm*, 2004;99:1145-49.
3. AHA Scientific Statement. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals, Part1: Blood Pressure Measurement in Humans. *Hypertension*, 2005;45:142:161.
4. 2300X Blood Pressure Monitor. Eager Equipment, Texas International Electronics. Users Manual 2008.