Box 1

Measuring ankle brachial pressure index[1]

- The patient should be resting and supine if possible
- Record systolic blood pressure with an appropriately sized cuff* in both arms and in the posterior tibial, dorsalis pedis and, where possible, peroneal arteries
- Take the measurements manually using a Doppler probe of suitable frequency in preference to an automated system
- Document the nature of the Doppler ultrasound signals in the foot arteries
- Calculate the index in each leg by dividing the highest ankle pressure by the highest arm pressure

*The cuff bladder width should be equal to 40% of the limb circumference