

## Watch BP office (ABI)

Ankle-brachial index and simultaneous dual arm measurement function for accurate office blood pressure measurement.

**Instruction Manual** 







WatchBP Office ABI is a professional automatic office blood pressure measurement device which can determine the ankle brachial index (ABI) and inter arm difference (IAD) fast and accurately. The ABI is a measure for the assessment of peripheral arterial disease. The WatchBP Office ABI can perform automated dual-arm measurements for the most reliable IAD. In addition, the WatchBP office ABI can detect atrial fibrillation <sup>1,2</sup> with high reliability. ABI, IAD and Afib are all important prognostic indicators for cardiovascular risk which make the WatchBP office ABI an important tool in the screening for cardiovascular risks.

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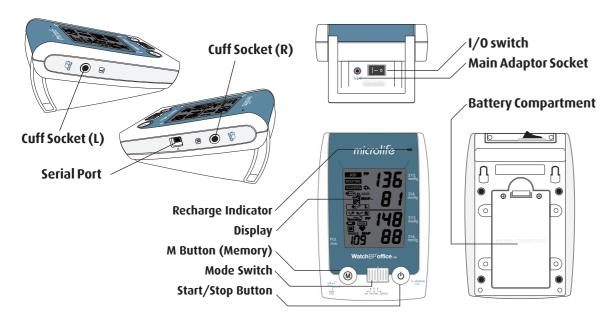
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<sup>1</sup> Joseph Wiesel, Lorenzo Fitzig, Yehuda Herschman and Frank C. Messineo. Detection of Atrial Fibrillation Using a Modified Microlife Blood Pressure Monitor. American Journal of Hypertension 2009, 22, 848–852.

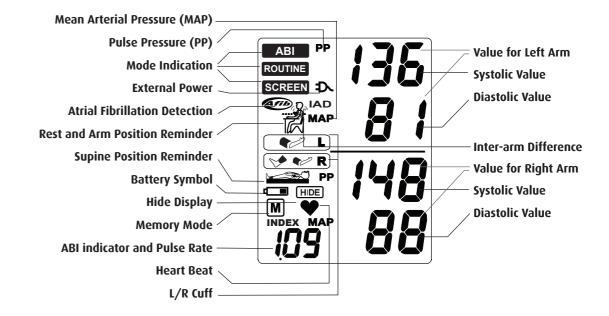
<sup>2</sup> G S Stergiou, N Karpettas, A Protogerou, E G Nasothimiou and M Kyriakidis. Diagnostic accuracy of a home blood pressure monitor to detect atrial fibrillationHome monitor for atrial fibrillation. Journal of Human Hypertension 2009, 23, 654-658.

## **Product description**

## Name of parts



### Display



## WatchBP Office ABI and components



WatchBP Office ABI Blood Pressure Device



AC Adaptor X1 (Input: 100-240V~50/60Hz 0.48A Output: +7.5V 2A)



Serial Port Connecting Cable



### Cuff for upper arm

**M** size (22cm~32cm) X2 **L** size (32cm~42cm) X2



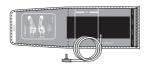
Cuff for ankle
M size (22cm~32cm) X1



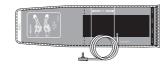
Instruction Manual Quick Start Guide

## Selective Cuffs for upper arm and ankle

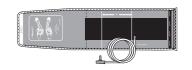
### For upper arm



M (Medium size, standard delivered) 22 - 32 cm (8.7 - 12.6 inches) With air tube 130 cm



**L (Large size, standard delivered)** 32-42 cm (12.6-16.5 inches) *With air tube 130 cm* 



L-XL (Large to extra arge size, to be ordered)

32-52 cm (12.6-20.5 inches) With air tube 130 cm

### For ankle



M (Medium size, standard delivered) 22 - 32 cm (8.7 - 12.6 inches) With air tube 200 cm



**L (Medium size, to be ordered)** 32 - 42 cm (12.6 - 16.5 inches) *With air tube 200 cm* 

\* Please contact Microlife or its distributor to purchase L-XL size or other size cuffs.

## **Before using WatchBP Office ABI**

### Selecting the correct cuff

Two different sizes of cuffs for upper arms are provided with the WatchBP Office ABI: Medium and Large. Use the cuff marker to select the cuff size that best matches the circumference of the patient's upper arm.



### M (Medium size)

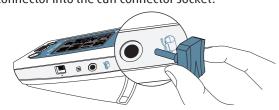
22 - 32 cm (8.7 - 12.6 inches) With air tube 130 cm



#### L (Large size)

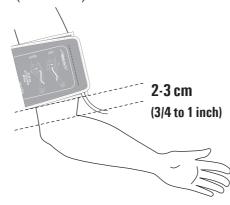
32-42 cm (12.6 - 16.5 inches) With air tube 130 cm

Connect the cuff to the device by inserting the cuff connector into the cuff connector socket.



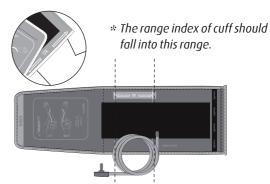
## Fitting the cuff properly

- 1) Place the cuff over the left (or right) upper arm so that the air tube and artery mark arrow point toward the lower arm.
- 2) Lay the cuff on the arm. Make sure that the lower edge of the cuff lies approximately 2 to 3cm (3/4 to 1 inch) above the elbow.



- Wrap and tighten the cuff around the arm.
- Leave a little free space between the arm of the patient and the cuff. Two fingers should fit between the arm and the cuff. Clothing must not constrict the arm. Remove all clothing covering or constricting the measurement arm.
- 5) It may result in incorrect blood pressure readings if the cuffs are not fitted properly. Use a different size cuff if the range Index at the end of the cuff does not fall into the range specified by the range stripes.
- 6) Apply the same steps to the other arm if a double arm measurement is required.

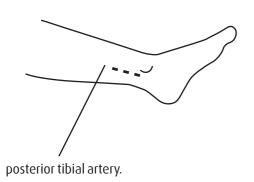




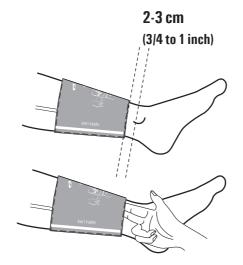
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# Application of the ankle cuff (in ABI mode)

- 1) The patient has to lie down in supine position.
- Place the ankle cuff on the leg. Make sure the edge of the ankle cuff lies approximately 2 to 3cm (¾ to 1 inch) above the ankle and notice that the artery mark is on the posterior tibial artery.



- 3) Wrap and tighten the cuff around the leg.
- 4) Leave a little free space between the leg of the patient and the cuff. Two fingers should fit between the leg and the cuff.



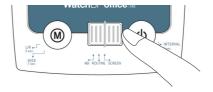
## Three operation modes

### Select an operation mode

The WatchBP Office ABI device includes three operation modes: «**ABI**», «**ROUTINE**», and «**SCREEN**» (Inter-arm difference). Use the Mode Switch to select the desired mode.



Select **«ABI»** Mode for Ankle-Brachial measurement. Select the arm with the higher blood pressure value as determined with the **«SCREEN»** Mode











### Three operation modes (cont.)

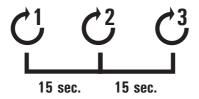
#### «ROUTINE» Mode

Select **ROUTINE**» Mode to perform automated duplicate measurements on the preferred arm for prompt and accurate office measurements.



### **Automated triple measurements**

In **ROUTINE** Mode, the WatchBP Office ABI device automatically takes three consecutive measurements at 15 second intervals on default. The readings of these two measurements are averaged to produce the routine visit blood pressure measurement.

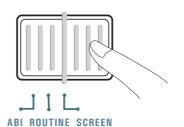


\* The user can manually set measurement intervals of 15, 30, 45 or 60 seconds in ROUTINE Mode. (Please refer to special functions section page 19 "Setting measurement intervals").

#### «SCREEN» Mode

Select **«SCREEN»** Mode to complete fullyautomated triple measurements on both arms according to recommended ESH/AHA blood pressure measurement protocols for a patient's first office visit.





#### Simultaneous dual-arm measurements

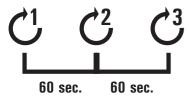
In **«SCREEN»** Mode, the WatchBP Office ABI device measures the patient's blood pressure on both arms simultaneously, which helps to determine the arm with the highest blood pressure value and reveals other potential cardiovascular risks.



## Taking measurements using WatchBP Office ABI

### **Automated triple measurements**

In **«SCREEN»** Mode, the WatchBP Office ABI device automatically takes three consecutive measurements on both arms at fixed one minute\* intervals. The results of these three measurements are then averaged to conclude the blood pressure measurement.



- \* The measuring intervals are fixed at one minute in SCRFFN mode
- \* The arm with the higher blood pressure value should be taken for ABI measurement or future blood pressure measurements.

## Determine the proper arm and inter-arm difference

If the difference of blood pressure readings between two arms is more than 20mmHg for Systolic or 10mmHg for Diastolic at all three measurements, the device indicates the arm with the higher blood pressure value by showing L or R and the "IAD" icon. The "IAD" icon and readings of the higher arm flash to indicate that more attention is needed.





### **«SCREEN»** Mode

1) **Turn on the power** – Turn on the device by switching the I/O switch at the back of the device to the ON position.



2) **Apply the cuff** – Properly fit one cuff to each of the patient's arms.



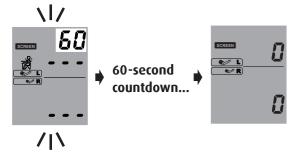
\* Additional visual instruction can be found on the cuff

) **Switch to «SCREEN» Mode** – Slide the Mode Switch to **«SCREEN»** Mode.



Inflation by fuzzy logic – The device will adjust inflation pressure by fuzzy logic technology.

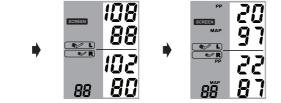
- 5) **Start measurements** Press the Start/Stop Button to start the measurement sequence.
  - \* A 60-second countdown will proceed the first measurement .



6) **Three consecutive measurements** – The device will take three consecutive measurements with one minute intervals between measurements.



7) The average value of the measurements – The average value will be displayed after the measurements.
If one of the three measurements failed, a fourth measurement will be conducted.



\* When the measurements are completed, the blood pressure measurement corresponding with the consistently higher arm will blink continuously for 5 seconds. If no significant difference (20 mmHg for systolic and/or 10 mmHg for diastolic blood pressure) exists between the two arms, neither measurement will blink.

#### «ROUTINE» Mode

1) **Turn on the power** – Turn on the device by switching the I/O switch at the back of the device to the ON position.



2) **Apply the cuff** – Properly fit one cuff to the preferred measurement arm.



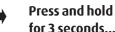
\* Additional visual instruction can be found on the cuff

) **Switch to «ROUTINE» Mode** – Slide the Mode Switch to **«ROUTINE»** Mode.



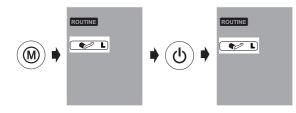
4) **Select the inflation cuff** – Set the device to the preffered measurement side (left or right). Press and hold the M Button for 3 seconds.



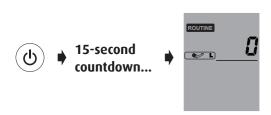


### Taking measurements using WatchBP Office ABI (cont.)

5) Press the M Button to switch between left(L) and right(R). Press the Start/Stop Button to save the setting.



6) **Start measurements** – Press the Start/Stop Button to start the measurements.



7) Three consecutive measurements – The device will take three consecutive measurements with 15 second intervals in between on default.

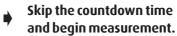


- Inflation by fuzzy logic The device will adjust inflation pressure by fuzzy logic technology.
- 9) **The average value of the measurements**The average values will be displayed when the measurements are completed and will be saved to the memory automatically.
- \* The user can manually set the measurement intervals of 15, 30, 45 or 60 seconds in ROUTINE Mode. (Please refer to special functions section page 19 "Setting up measurement intervals").

## Skipping the countdown time

The 60 seconds countdown before measurement in **«SCREEN»** Mode and 15 seconds in **«ROUTINE»** Mode can be skipped by pushing the Start/Stop Button. While the Start/Stop Button is pushed, the device will immediately begin the next measurement.





\* The device can be set into Stand-by Mode by pressing the Start/Stop Button after the completion of measurements. The device will automatically switch to Stand-by Mode if left unattended for five minutes.





Stand by mode

### Taking less than three measurements

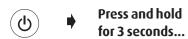
The measurement sequence can be stopped at anytime by pushing the Start/Stop Button **«SCREEN» Mode** or **«ROUTINE»** Mode. The device enters stand-by and the remaining measurements are cancelled. Average of the measurements is saved and can be viewed by pushing the M Button.



Cancel remaining measurements at anytime during the measurement sequence.

### Setting measuring intervals in «ROUTINE» Mode

1) Pressing and holding the Start/Stop Button for 3 seconds.



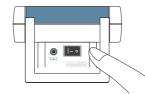
2) Press the M Button to adjust the measurement interval, then press the Start/Stop Button to confirm, the device will go back to stand-by Mode.



\* The default measuring interval is 15 seconds. The interval can be set as 15, 30, 45 or 60 seconds.

#### «ABI» Mode

**Turn on the power** – Turn on the device by switching the I/O switch at the back of the device into the ON position.



**Switch to «ABI» Mode** – Slide the Mode Switch to «ABI» Mode. The supine position reminder will display.

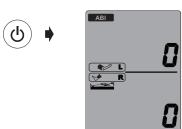
- 3) The patient has to lie down in supine position.
- 4) **Apply the cuff**\* Properly fit the arm cuff to the upper arm and the ankle cuff to the leg of the preferred measurement side of the body. The preferred side is determined in **«SCREEN»** Mode.
- 5) Make sure the upper arm cuff is connected to the left cuff socket and the ankle cuff is connected to the right cuff socket.



\* Additional visual instruction can be found on the cuff.

## **Special Functions**

6) **Start measurements** – Press the Start/Stop Button to start the measurement.



7) **Inflation by fuzzy logic** – The device will adjust inflation pressure automatically by fuzzy logic technology.

8) Display of the measurement values-

The measurement values will be displayed and the Ankle-brachial index is automatically calculated when the measurement is completed. The Ankle-brachial index and the blood pressure value display first, the brachial index value is replaced by the pulse value for 3 seconds. All the values are saved automatically.





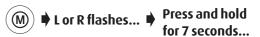
### Hiding measurement values

The WatchBP Office ABI device features a Hide function in order to prevent unnecessary elevated blood pressure in patients due to nervousness triggered by visible blood pressure values.



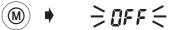
- \* This feature is only available in ROUTINE mode
- \* When the «Hide» function is ON, the countdown between each measurement and the Hide icon will display.

Activate the «Hide» Function – Press M button;
 L or R flashes; keep pressing and holding the M
 Button for 7 more seconds until On or Off flashes.

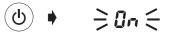


2) **Select ON or OFF** – Press the M Button again to turn the "Hide" function ON or OFF.





3) **Confirm** – Press Start/Stop to confirm the setting.



\* The default setting of "Hide" in «SCREEN» Mode is set to "ON" and cannot be set to "OFF".

### MAP (Mean Arterial Pressure)

The WatchBP Office ABI device measures the true mean arterial pressure (MAP) of the patient. Each measurement includes a single MAP value. The average measurement will display the average MAP value. When viewing in Memory mode, the MAP value will be displayed with the systolic and diastolic pressure once every 5 seconds.





### PP (Pulse Pressure)

The WatchBP Office ABI device provides the pulse pressure (PP) of the patient: pulse pressure = systolic - diastolic pressure. Each measurement includes the calculation of a single PP value. The average measurement will display the average PP value. When viewing in Memory mode, the PP value will be displayed with the systolic/diastolic pressure once every 5 seconds.





### Appearance of the atrial fibrillation indicator for early detection

The WatchBP Office ABI is designed to detect asymptomatic atrial fibrillation during blood pressure measurements in the «SCREEN» Mode. If two out of three measurements in the **«SCREEN»** Mode detect atrial fibrillation, the Afib icon is displayed. This device is able to detect atrial fibrillation with high accuracy: a sensitivity of 97% and a specificity of 89%. \* If the atrial fibrillation icon is displayed after the measurement, it is recommended to visit a doctor.



American Journal of Hypertension 2009; 22, 848–852.

\* G S Stergiou, N Karpettas, A Protogerou, E G Nasothimiou and M Kyriakidis. Diagnostic accuracy of a home blood pressure monitor to detect atrial fibrillation Home monitor for atrial fibrillation. Journal of Human Hypertension 2009, 23, 654-658.





- \* This device detects atrial fibrillation, a major cause of stroke. Not all risk factors for stroke, including atrial flutter, may be detected by this device.
- \* This device may not detect atrial fibrillation in people with pacemakers or defibrillators.

\* The Mean Arterial Pressure (MAP) in this device is determined from the maximum peak of the oscillometric envelope curve.

### **About Atrial Fibrillation**

Atrial fibrillation is a common heart rhythm problem. It affects more than 2 million people in North America. It is more common in older age and it is found in 18% individuals aged 85 years and older. It is a common cause of major strokes. About 15% of all strokes are caused by atrial fibrillation.

The elderly, or those with high blood pressure, diabetes or heart disease are more likely to get a stroke if they have atrial fibrillation.

Atrial fibrillation is a rhythm problem that can last from a few minutes, to days or weeks and even years. Atrial fibrillation can cause blood clots in the upper chambers of the heart (the atria). These clots can break off and flow to the brain causing a stroke.

The use of blood thinners, such as warfarin, can lower the risk of a stroke in patients with atrial fibrillation.

A doctor can confirm the presence of Afib by using an ECG. Sometimes Afib is present incidentally. Therefore, a doctor may not see it on regularly scheduled visits.

One method of detecting Afib is by mean of palpations. This method is not very reliable. Failure of detecting Afib may lead to the occurrence of a stoke in the end; whereas early detection may lead to early treatment that can significantly reduce the chances of a stroke.

### ABI (Ankle Brachial Index)

The systolic blood pressure values of a person's arm and leg need to be measured In order to determine ABI (Ankle Brachial Index).

The ankle-brachial index (ABI) is then calculated using the quotient of the systolic pressure from the leg measurement and the systolic pressure from the arm measurement.



A low ankle-brachial index (ABI) is indicative of systemic vascular disease, and should place a patient in the high-risk category.

## Viewing, deleting and transferring measurement readings

### Memory

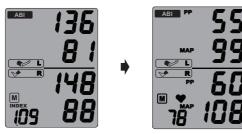
Total of 30 measurement readings in three modes can be stored in memory automatically.



\* When the memory of the device is full, each new measurement will automatically overwrite the first measurement.

### Viewing measurements

- Press the M button, the total number of measurements stored is displayed, e.g. 12; then the readings of the measurement is displayed afterward.
- 2) Pressing the M button repeatedly to view the measurement values in memory one by one.



View the values of three measurements in «SCREEN» Mode – When the measurements of «SCREEN» mode are performed, the results of the three individual measurements can be seen by pressing the M Button for 3 seconds when the average value is being displayed. The values of the three measurements are displayed one by one.

Press and hold for 3 seconds when the average is being displayed...

★ C¹
 ★ C²
 ★ C³

**View the values of three measurements in «ROUTINE» Mode** – When the measurements of
«ROUTINE» mode are performed, the results of
the three individual measurements can be seen
by pressing the M Button for 3 seconds when the
average value is being displayed. The values of the
three measurements are displayed one by one.

M →

Press and hold for 3 seconds when the average is being displayed...



• (

 $C^2$ 

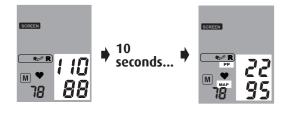


<sup>27</sup> microlife

<sup>\*</sup> The individual readings in «SCREEN» Mode and «ROUTINE» Mode will not be saved when the device is turned off. Only the average value will be saved.

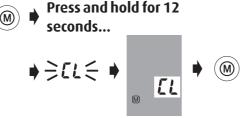
### Viewing MAP and PP values -

Ten seconds after display of the average blood pressure value, the values for Pulse Pressure (PP) and Mean Arterial Pressure (MAP) are displayed.



### **Deleting measurements**

- 1) All the data in different modes can be deleted.
- 2) Press the M Button and hold it for 12 seconds until the he "CL" symbol is displayed; then release the M Button
- 3) Press the M Button again while the "CL" symbol is flashing. The deleting is confirmed by the beep sound.



## Transferring measurements Installation of the software program

- Put the CD in the CD-ROM drive of your computer or click on "setup.exe" in the CD's directory alternatively.
- 2) Follow the instructions provided in the installation window on the computer screen.
- 3) When installation is finished, be sure to restart the computer before you start working with the program.



\* System Requirements: 550MHz CPU. 256MB Memory, 1024x768 pixel resolution, 256 color, CD-ROM drive, 1 free USB port, 40MB free hard disk space, Microsoft Windows 2000 / XP / Vista.

### Transferring data to the computer

- Start the software program and connect the device to the computer using the cable supplied.
- 2) A successful connection is displayed by **«Connected»** on the computer screen.
- 3) Enter identity number, Patient Name and Surname to create a new record.





## Rechargeable battery and power adaptor

### **Rechargeable Battery**

WatchBP Office ABI equips with a built-in, rechargeable Ni-MH battery pack which delivers up to 400~500 measurement cycles. The batteries can be recharged while the power adaptor is plugged in. It doesn't affect the measurement.

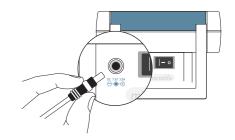


- \* First time use , charge the batteries until the recharge indicator turns to green
- \* An orange recharge indicator means recharge in progress.
- \* A green recharge indicator means recharge is completed.

### Using a power adaptor

Please only use the Microlife adaptor supplied with the WatchBP Office ABI to recharge the device.

- 1) Plug the adapter cable into the Power Plug of the WatchBP Office ABI device.
- 2) Plug the adaptor plug into the wall socket. When the power adaptor is connected, no battery power is consumed.



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Refer to the software user manual for detailed information and instructions

Click «Measure»

Click «View Memory»

Click «Stop»

Click «Save»

Click «Close»

\* Please read the software menual to know more details of the software operation commands.

Software commands

Stop a measurement

Store data

View data

Close

Perform a measurement

## **Troubleshooting**

Problem	Possible cause	How to make correction
No power(No LCD display)	Power supply is not properly plugged in	Plug power supply into wall socket.
	Battery is fully discharged	Recharge the rechargeable battery by plugging in the power supply.
Cuff does not inflate properly	Loose connection of the tube	Make sure the tube of the cuff is securely connected to the device.
	Leakage of the tube or bladder	Check for cracks on the tube or the bladder. Please contact Microlife customer service for this issue.
No result displayed between measurements	The Hide function is activated	Disable "hide" function, or use «ROUTINE» mode to measure the blood pressure.

## **Error messages**

If an error occurs during measurement, the measurement is interrupted and an error message «Err» is displayed.



- Please contact your local Microlife service center if the error persists.
- If you think the results are unusual, please read through the information in this instruction manual carefully.



Error	Description	Potential cause and remedy
«Err 1»	Signal too weak	The pulse signals on the cuff are too weak. Re-position the cuff and repeat the measurement.
«Err 2»	Error signal	During the measurement, error signals were detected by the cuff, caused for instance by movement or muscle tension. Repeat the measurement, keeping your arm still.

## Safety, care, accuracy test and disposal

#### «Err 3» An adequate pressure No pressure cannot be generated in the cuff in the cuff. A leak may have occurred. Replace the batteries if necessary. Repeat the measurement. «Err 5» **Abnormal** The measuring signals result are inaccurate and no result can therefore be displayed. Read through the checklist for performing reliable measurements and then repeat the measurement.

«HI»	Pulse or cuff pressure too high	The pressure in the cuff is too high (over 300 mmHg) OR the pulse is too high (over 200 beats per minute). Relax for 5 minutes and repeat the measurement.	
«LO»	Pulse too low	The pulse is too low (less than 40 beats per minute). Repeat the measurement.	

### Safety and protection

This device may be used only for the purpose described in this booklet. The device comprises of sensitive components and must be treated with caution. The manufacturer cannot be held liable for damage caused by incorrect application.



- Ensure that children do not use the device unsupervised; some parts are small enough to be swallowed.
- Only activate the pump when cuff is installed.
- Do not use the device if you think it is damaged or if anything appears unusual.
- Read the further safety instructions in the individual sections of the instruction manual.
- Do not connect the device to a computer until prompted to do so by the computer software.

Observe the storage and operating conditions described in the "Technical specifications" section of this manual.



Protect the device from water and moisture



Protect the device from direct sunlight



Protect the device from extreme heat and cold



Avoid proximity to electromagnetic fields, such as those produced by mobile phones



Never open device

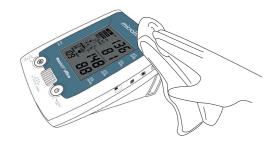


Protect device from impact and drops

## **Technical specifications**

### Device care

Clean the device with a soft, dry cloth.



### Accuracy test

We recommend the WatchBP Office ABI device be tested for accuracy every 2 years or after mechanical impact (e.g. being dropped). Please contact Microlife to arrange for an accuracy test.

### Cleaning the cuff

DO NOT wash the cuff. DO NOT iron the cuff cover.



Do not wash the cuff!



Do not iron the cuff!

### Disposal

Batteries and electronic instruments must be disposed of in accordance with the locally applicable regulations, and not as domestic waste.

Operation temperature/

humidity:

• 10 to 40 °C (50 to 104 °F)

Storage temperature/ humidity:

• -20 to 55 °C (-4 to 131 °F)

• 15 - 90 % relative maximum humidity

Weiaht:

• 1100 g (including rechargeable battery pack)

**Dimensions:** 

• 200 x 125 x 90 mm

Measuring method:

• Oscillometric, corresponding to

Korotkoff

Measurement range: • 30 - 280 mmHq - blood pressure

• 40 - 200 beats per minute - pulse

**Cuff pressure display:** 

• Range: 0 - 299 mmHg • Resolution: 1 mmHq

• Static accuracy: pressure within ± 3 mmHq or 2% of reading > 200mmHq

• Pulse accuracy: ±5 % of the readout

value

Voltage source:

• Rechargeable battery pack: 4.8V C4000 mAh

Mains adapter DC 7.5V, 2 A

Reference to Standards:

•Device corresponds to the

requirements of the standard for noninvasive blood pressure monitor.

EN 1060-1 EN 1060-3 EN 1060-4 IEC 60601-1

IEC 60601-1-2

Electromagnetic ·Device fulfills the stipulations of the standard IEC 60601-1-2. compatibility:

> The stipulations of the EU Directive 93/42/ FFC for Medical Devices Class IIa have been

fulfilled



**C€**0044

REF Reference number



Serial number



Manufacturer

Microlife reserves the right to alter technical specfications without prior written notice.

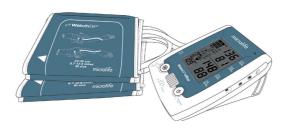
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## **Guarantee card**

This device is covered by a two-year guarantee and accessories are cover by a one-year guarantee from the date of purchase. This guarantee is valid only on presentation of the guarantee card completed by the owner confirming date of purchase or purchase receipt.

Name: Address: Date: Telephone: E-mail:

**Product:** WatchBP Office ABI **Product Number:** TWIN200 ABI Date:



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Europe /	Middle-East,	/ Africa
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