

MAY 19, 2015

Give your arm: Carrington students attempt world record for blood-pressure checks

Students at 18 Carrington College campuses will attempt to take 26,451 blood pressure readings Thursday.

That would break Guinness world record for most blood pressure tests in an eight-hour period.

Students on the Sacramento, Citrus Heights and Stockton campuses are participating.

BY SAMMY CAIOLA

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Think your blood pressure's too high? Students at 18 Carrington College campuses are offering a free check Thursday, while attempting to break a world-record for the most blood pressure readings in a single day.

Carrington College campuses in Sacramento, Citrus Heights and Stockton will join 15 other Carrington campuses in attempting to earn the Guinness World Records title for the most blood pressure tests given in an eight-hour period. The public is invited from 11 a.m. to 7 p.m. Thursday.

To beat the current record, recently set in India, Carrington students need to take 26,451 blood pressure readings. On the Sacramento campus, about 90 students are expected to take about 800 readings during the one-day event.

Founded in Sacramento, Carrington is a network of private colleges specializing in medical, dental, veterinary and administrative degrees.

As a third-term student in medical assisting, Maria Martinez volunteered to help in the record-breaking attempt event because she wants to educate others about high blood pressure. “It’s very important,” Martinez said. “There are millions of people who have high blood pressure and don’t even know it.”

The event coincides with [National High Blood Pressure Education Month](#).

High blood pressure often occurs in patients with narrower arteries, and can contribute to stroke and heart disease. According to the Centers for Disease Control and Prevention, about 1 in 3 of every U.S. adult has high blood pressure. Risk of high blood pressure increases with age, and African Americans typically develop high blood pressure earlier and more often than whites and Hispanics, according to the CDC.

Measuring someone’s blood pressure usually takes about two minutes, said Melissa Lemus, a medical assisting instructor on Carrington’s Sacramento campus. World record aside, students will be instructed not to rush the procedure and to give every patient the appropriate amount of attention, she said.

“They are utilizing that skill,” she said. “It is probably one of the most important skills they’ll be doing in the field.”

FREE BLOOD PRESSURE CHECKS

On Thursday, from 11 a.m. to 7 p.m., students at 18 Carrington College campuses are offering free blood pressure tests, part of an effort to break a Guinness world record. The local locations:

Carrington College Sacramento, 8909 Folsom Blvd., Sacramento

Carrington College Citrus Heights, 7301 Greenback Lane, Citrus Heights

Carrington College Stockton, 1313 West Robinhood Drive, Suite B, Stockton

<http://www.sacbee.com/news/local/health-and-medicine/healthy-choices/article21430200.html>