

MEASURING BLOOD PRESSURE

SKILL	S	U	COMMENTS
Knock before entering person's room. Provides for privacy by pulling privacy curtain.			
Introduces self to resident in room. Addresses resident by name and checks name badge.			
Identifies that you have washed your hands			
Have person sit or lie down			
Explains procedure to resident			
Wipe the stethoscope ear-pieces and diaphragm with a wipe			
Position person's arm level with the heart and palm side up			
Position the equipment so mercury is vertical, on a flat surface and at eye level			
Expose upper arm and find brachial artery at inner aspect of the elbow. Squeeze cuff to expel any remaining air and close valve. Wrap appropriate sized cuff snugly with arrow over brachial artery 1 inch above elbow			
Place stethoscope in ears and diaphragm over artery (not under cuff)			
Palpate radial artery. Inflate cuff until pulse is no longer felt and note number			
Inflate cuff 30 mm Hg above the number, turn valve counter-clockwise and slowly deflate cuff at even rate of 2-4 mm per second			
Note point where you hear the first sound as the systolic number. Note the point where the heart sound disappears as the diastolic reading			
Deflate cuff completely and remove. Disinfect as necessary and return to storage			
Record both numbers as the systolic/diastolic reading			
Asks resident if there are any other needs and lets resident know when you are finished			
Maintains respectful, courteous interpersonal interactions at all times			
Places call light or signal device within easy reach of resident			
Identify that hands should be washed			

S: Satisfactory U: Unsatisfactory

Satisfactory: Completes skill correctly and in proper order

Unsatisfactory: Attempts skill but is not done correctly or in order

Date of Unsatisfactory Completion ____/____/____ (To redo after practice)

Date of Satisfactory Completion ____/____/____

Instructor Signature _____ Date ____/____/____