

PERFORMANCE CHECKLIST

Name _____

Measuring Apical Pulse

To be completed by instructor during observation of 100%, unassisted mastery of procedure. Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.

Equipment: Stethoscope, watch with second hand, antiseptic swabs, notepad and pad.

- _____ 1. Assemble equipment.
- _____ 2. Knock before entering room.
- _____ 3. Address resident by name.
- _____ 4. State your name and title.
- _____ 5. Identify resident.
- _____ 6. Explain procedure and obtain permission.
- _____ 7. Wash hands.
- _____ 8. Provide privacy. Position resident in a sitting or lying position.
- _____ 9. Clean earpieces on stethoscope with antiseptic swabs. Put earpieces in ears. Warm diaphragm of stethoscope by holding in palm of hand for several seconds.
- _____ 10. Uncover left side of chest or place stethoscope underclothing. Avoid overexposure.
- _____ 11. Locate apex of heart by placing bell of stethoscope under left breast, just below and to inside of left nipple. Listen for heart sounds.
- _____ 12. Count heart beats for one full minute. Note anything abnormal in sounds, rate and rhythm.
- _____ 13. Record name of resident and number of beats on notepad.
- _____ 14. Cover resident and make comfortable.
- _____ 15. Clean earpieces of stethoscope with antiseptic swabs.
- _____ 16. Wash hands.
- _____ 17. Provide for comfort with call signal in reach.
- _____ 18. Record apical pulse and report abnormal reading to supervisor.

Pass _____ Instructor's Signature _____ Date _____

The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. 2005