

PERFORMANCE CHECKLIST

Measuring Blood Pressure

Name _____

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: Manual or electronic sphygmomanometer with correct sized cuff, stethoscope, antiseptic pads, notepad and pen.

Note: Follow manufacturer's directions that accompany each type and brand of manual and electronic sphygmomanometers to ensure correct usage.

- ___ 1. Assemble equipment.
- ___ 2. Knock before entering room.
- ___ 3. Greet and identify resident.
- ___ 4. State your name and title.
- ___ 5. Explain procedure and obtain permission.
- ___ 6. Wash hands and provide privacy.
- ___ 7. Position resident in sitting or lying position.
- ___ 8. Bare arm.
- ___ 9. Extend resident's arm and rest **level with heart**, palm upward on bed or table.

Manual Blood Pressure

- ___ Loosen valve on bulb and expel any remaining air from cuff by squeezing cuff.
- ___ Locate brachial artery.
- ___ Wrap cuff snugly around upper arm, one inch above elbow, with arrow on cuff over brachial artery.
- ___ Position sphygmomanometer so numbers can be read easily.
- ___ Clean stethoscope earpieces and place in ears. Keep diaphragm within easy reach.
- ___ Palpate radial artery and inflate cuff 30 mm Hg beyond point where pulse was last felt.
- ___ Immediately place diaphragm of stethoscope directly over brachial artery.
- ___ Deflate cuff at even rate of 2-4 mm per second by turning valve counterclockwise.
- ___ Note point on scale where first sound heard (systolic reading).
- ___ Note point where sound disappears or changes (diastolic reading).
- ___ Deflate cuff completely and remove from arm.
- ___ Clean earplugs and bell/diaphragm of stethoscope with antiseptic pad.

Electronic Blood Pressure

- ___ Locate brachial artery.
- ___ Wrap cuff snugly around upper arm, one inch above elbow, with arrow on cuff over brachial artery.
- ___ Follow manufacturer's directions for cuff inflation and reading of results.
- ___ 10. Remove cuff and wash hands.
- ___ 11. Provide for comfort with call signal in reach.
- ___ 12. Record blood pressure reading and report any abnormal reading or observations 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