Competency

# Measuring Heart Rate and Blood Pressure

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Student Name

The student will take a partner's radial pulse. The student will also take a partner's BP using a *sphygmomanometer* to correctly identify their systolic and diastolic pressures.

## Components

*Radial Pulse*

- Patient is seated with arm relaxed in lap, on the arm of a chair or on a desk
- Place index and middle fingers on the patient's radial pulse, just proximal to the wrist
- Count the number of beats felt over the course of one minute (BPM)

Result: _____ BPM

Does their heart rate fall within a *normal* range? ☐ Yes ☐ No

How do you know? _____

*Blood Pressure*

- Patient is seated with left arm relaxed in lap or on a table
- Sphygmomanometer is correctly applied and secured around upper left arm, just above the elbow; make sure valve is closed (turn to the right)
- Stethoscope is placed just under the sphygmomanometer, on the cubital fossa
- The sphygmomanometer is pumped up to *at least* 200 mmHg and the pressure is slowly, consistently released by turning the valve to the left
- Systolic pressure noted at first "blip" of needle seen and/or "beat" heard in stethoscope
- Diastolic pressure noted at last "blip" of needle seen and/or "beat" heard in stethoscope

Patient's Systolic Pressure: _____ mmHg

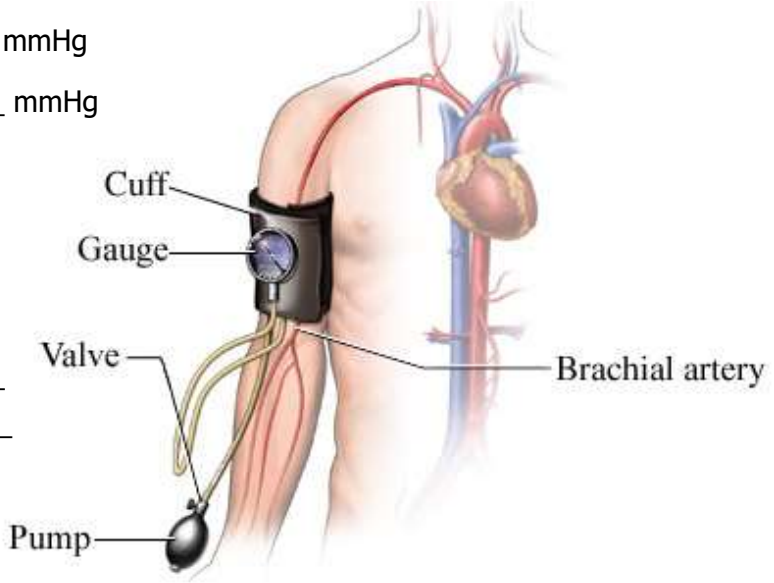
Patient's Diastolic Pressure: _____ mmHg

Based on the results above, the patient's BP is:

- ☐ Normal
- ☐ Elevated
- ☐ Stage 1 Hypertension
- ☐ Stage 2 Hypertension
- ☐ Hypertensive Crisis

How do you know? _____

_____




## Student Notes

Mastery _____ _____

ATC Signature

Date Mastered