

Clinical Skills Blood Pressure Measurement

Comp # _____ Group# _____ Examiner: _____

TOTAL ____/34 = ____%

0 (Not Done) 1 (Incorrect/Incomplete) 2 (Correct/Complete)

	0	1	2
Student introduces self, identifies patient, explains and obtains consent			
Asks the patient if hypertensive (If yes, are they on antihypertensive therapy?) Last BP check?			
Asks pt. if they have smoked, drank a caffeinated drink or done exercise in the last 30 minutes.			
Palpates for the radial pulse using the pads of the fingers.			
Palpate the brachial artery for proper cuff placement.			
Ensures cuff is of correct size (80/40 rule)			
Places cuff correctly (at least 2 cm away from the cubital fossa) on skin.			
Arm supported at patient's heart level and the legs are not crossed.			
Places pressure gauge at eye level			
Palpates radial pulse for as it disappears with cuff inflation.			
Releases pressure and allows the arm to rest for at least 1 minute.			
Stethoscope worn properly.			
Inflates cuff, while palpating radial pulse and adds 30mmHg to the pressure at which the radial pulse disappeared.			
Places Bell of working Stethoscope on brachial artery. Releases pressure at 2mmHg per second			
Results reported in both numbers with units.			
Interprets results			
Thanks the patient.			
TOTAL			

Further reading:

- Parts of a sphygmomanometer
- Risk factors for hypertension