

Skill 11-5

OBTAINING A BLOOD PRESSURE READING

	S	U	Comments
1. Perform hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Introduce self.		<input type="checkbox"/>	_____
3. Identify patient by identification band.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Explain procedure.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Determine whether patient has ingested caffeine or has been smoking.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Prepare for procedure:			
a. Assemble all necessary supplies: sphygmomanometer, and stethoscope. Determine the correct cuff size. The cuff should be approximately 40% of the circumference of the extremity on which the cuff is to be used.	<input type="checkbox"/>	<input type="checkbox"/>	_____
b. Provide privacy.	<input type="checkbox"/>	<input type="checkbox"/>	_____
c. Request that patient assume sitting or lying position. Be certain room is quiet and warm.	<input type="checkbox"/>	<input type="checkbox"/>	_____
d. Determine site for blood pressure measurement. Do not apply cuff to arm when in the following situations:			
(1) Catheter is in antecubital fossa and fluids are infusing.	<input type="checkbox"/>	<input type="checkbox"/>	_____
(2) Arteriovenous shunt is in place.	<input type="checkbox"/>	<input type="checkbox"/>	_____
(3) Breast or axillary surgery has been performed on that side.	<input type="checkbox"/>	<input type="checkbox"/>	_____
(4) An arm or hand has been traumatized or is diseased.	<input type="checkbox"/>	<input type="checkbox"/>	_____
(5) A lower arm cast or bulky bandage is in place.	<input type="checkbox"/>	<input type="checkbox"/>	_____

	S	U	Comments
7. Implement procedure:			
a. Apply cuff to bare arm with patient's palm facing upward. Do not hyperextend. The cuff is applied 1 to 2 inches above the antecubital space. The cuff is centered over the brachial artery. The patient's upper arm is held at the level of the heart, and the lower arm is rested on a firm surface.	<input type="checkbox"/>	<input type="checkbox"/>	_____
Location of the brachial artery and placement of the cuff.			
b. Palpate radial artery.	<input type="checkbox"/>	<input type="checkbox"/>	_____
c. Inflate cuff. Note the point on the manometer gauge when the radial pulse is obliterated.	<input type="checkbox"/>	<input type="checkbox"/>	_____
d. Deflate the cuff. Rest arm for 1 minute.	<input type="checkbox"/>	<input type="checkbox"/>	_____
e. Palpate the brachial artery and place the bell or the diaphragm of the stethoscope over it.	<input type="checkbox"/>	<input type="checkbox"/>	_____
f. Reinflate cuff to 30 mm Hg above point at which radial artery was obliterated. Estimating prevents false-low readings that possibly result from the presence of this auscultatory gap. This phenomenon occurs in about 5% of adults and is prevalent in individuals with hypertension.	<input type="checkbox"/>	<input type="checkbox"/>	_____
g. Slowly deflate cuff. Cuff is deflated at a rate of 2 mm Hg per second. Note the point at which the pulse is heard. Note the point at which no pulse is heard.	<input type="checkbox"/>	<input type="checkbox"/>	_____
h. When the Korotkoff sounds are no longer audible, continue to listen for another 10 to 20 mm Hg.	<input type="checkbox"/>	<input type="checkbox"/>	_____
i. Completely deflate and remove the cuff.	<input type="checkbox"/>	<input type="checkbox"/>	_____
j. Assist the patient to dress.	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Write down reading.	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. Perform hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>	_____

	S	U	Comments
10. Document reading on graphic flow sheet.	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. Follow up by reporting abnormal readings immediately.	<input type="checkbox"/>	<input type="checkbox"/>	_____
12. Do patient teaching.	<input type="checkbox"/>	<input type="checkbox"/>	_____