

Chandler Unified School District #80
Blood Pressure Skills Checklist

Trainee Name:	School:		
Trainer Name:	Year:		
	Random Skills Check		
Explanation/Demonstration	Performed Skill: Initial/Date	Initial/Date	Initial/Date
1. Verify that procedure is prescribed for student.			
2. Assemble Equipment. a. Stethoscope b. Appropriately sized blood pressure cuff			
3. Wash hands			
4. Position student sitting with arm at heart level, palm turned up. Instruct to keep feet flat on the floor with legs uncrossed.			
5. Expose arm fully by removing constricting clothing. Cuff may be placed over clothing, but the diaphragm of the stethoscope must rest on the student's skin.			
6. Palpate brachial artery. With cuff fully deflated, apply bladder of cuff above artery by centering arrows marked on the cuff over artery. If there are no center arrows on the cuff, estimate center of the bladder and place it over artery. Position cuff 1 inch above site of pulsation. Wrap cuff evenly and snugly around extremity.			
7. Position manometer gauge vertically at eye level and no further than 1 foot away.			
8. Place stethoscope earpiece in ears and be sure sound is clear			
9. Relocate brachial artery and place diaphragm of stethoscope over it.			
10. Close valve of pressure bulb clockwise until tight.			
11. Quickly inflate cuff to 200 mm/Hg. Slowly release pressure bulb valves and allow needle of manometer gauge to fall at a rate of 2-3 mm/Hg per second. Make sure there are no extraneous sounds.			
12. Note point on manometer when you first hear sound - this is the systolic BP (top number)			
13. continue to deflate cuff gradually, noting at which point sound disappears - this is the diastolic BP (bottom number)			
14. Deflate cuff completely and remove from extremity.			
15. Document the blood pressure.			
Performed Tasks Appropriately (Yes or No, If No further evaluation required):			

**Initial and date in space beside each skill indicates procedure has been demonstrated in a competent manner.*

Trainee Signature

Date

Trainer Signature

Date