

COMPETENCY: Blood Pressure Measurement

Million Hearts Blood Pressure Project Parish Nurse: _____

Performance Steps	Method of Evaluation	Met	*Unmet	Evaluator Date & Initials	Parish Nurse, Date & Initials
View video clip at: http://www.nejm.org/doi/full/10.1056/nejmvcm0800157 .	View 100% of video clip				
Describe how to determine the correct cuff size for the patient <ul style="list-style-type: none"> Identify rubber bladder in cuff Bladder covers 80% circumference of arm Width of bladder 40% circumference of arm 	Return Demonstration				
Demonstrates correct patient positioning <ul style="list-style-type: none"> Seated with feet flat on the floor Leaning against back of the chair not on arm Arm fully supported, brachial artery at heart level Upper arm bare, do not apply cuff over clothing 	Return Demonstration				
Demonstrates correct cuff placement <ul style="list-style-type: none"> Apply cuff snugly Center of bladder is directly above brachial artery Bottom edge of cuff is 1" above elbow 	Return Demonstration				
Demonstrates palpatory technique of estimating BP <ul style="list-style-type: none"> Inflate manometer while palpating radial pulse 	Return Demonstration				

<ul style="list-style-type: none"> Note level at which radial pulse disappears Release air from cuff slowly 					
Performance Steps	Method of Evaluation	Met	*Unmet	Evaluator Date and Initials	Parish Nurse, Date and Initials
Demonstrates correct technique of measuring BP <ul style="list-style-type: none"> Place stethoscope on brachial artery Inflate cuff 20-30 mm Hg above the point where radial pulse disappeared Systolic reading – first two consecutive sounds Diastolic reading – at the level where the sound disappears, 2 mm Hg below the last sound 	Return Demonstration or Verification with instructor using a teaching stethoscope				
Verbalizes 2 things that may alter BP readings <ul style="list-style-type: none"> Caffeine Medications Incorrect Cuff Bad Equipment Bad Pt. Positioning Incorrect Technique Level of Brachial Artery Smoking Pain Anxiety Talking Needing to Urinate Nurse Bias 	Verbal Test				
Verbalize the national standard for the normal BP reading for an adult...systolic <120 diastolic <80	Verbal Test				

* If performance step unmet, write action plan below:

Evaluator: _____

