

Date: \_\_\_\_\_

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start time: \_\_\_\_\_

End time: \_\_\_\_\_

## Obtaining a Blood Pressure Reading

Objective: Demonstrate how to obtain a blood pressure reading.

Skill	Max Points	Skill Demo	CPI
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-		
Ensure that you have the correct size cuff. <ul style="list-style-type: none"> <li>Size options include regular, large adult, and pediatric.</li> </ul>	1		
Unscrew the thumbscrew valve on the flexible bulb and deflate the bladder of the cuff. Place the cuff on the patient's upper arm with the cuff 1 to 2 inches above the crease of the elbow. <ul style="list-style-type: none"> <li>The arrow on the cuff should point to the brachial artery, which is located on the medial side of the arm at the crease of the elbow.</li> <li>The cuff should be placed directly on the patient's skin because you will get a false reading if the cuff is placed over bulky clothing.</li> <li>The cuff should be snug, but not too tight.</li> </ul>	1		
Place the sphygmomanometer in a location that is easy for you to read without having to hold it. Place the ear tips of the stethoscope in your ears. The tips should be facing forward.	1		
Palpate the pulse of the brachial artery below the cuff at the crease of the elbow and then place the diaphragm of the stethoscope of the pulse point. <ul style="list-style-type: none"> <li>Hold the stethoscope in place lightly on the skin as you measure the pressure.</li> </ul>	1		
Using your other hand, tighten the thumbscrew valve on the sphygmomanometer and inflate the cuff by repeatedly pumping the flexible bulb. <ul style="list-style-type: none"> <li>Inflate the cuff to a pressure of 160 mmHg.</li> <li>If you can hear the pulse sound at this pressure, inflate the cuff to 200 mmHg.</li> <li>If you still can hear the heartbeat, inflate the cuff in increments of 20 mmHg until you can no longer hear the pulse sound.</li> </ul>	1		

Gently open the thumbscrew valve and slowly release the air from the cuff. As you release the air, listen for the first pulse sound (first "thump"). The reading on the dial at that time is the systolic blood pressure.	1		CPI
Continue to slowly release the air from the cuff. The sound will become very soft and will eventually disappear. The reading on the dial when the sound disappears is the diastolic blood pressure.	1		CPI

Must receive 5 out of 7 points.

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSPID: \_\_\_\_\_

PASS    FAIL