

# BLOOD PRESSURE COMPETENCY CHECKLIST

DATE: \_\_\_\_\_

Attempt: 1 2 3

Competency: Obtains both systolic and diastolic blood pressure readings.

Behaviors: 1. Chooses correct size blood pressure cuff.  
2. Demonstrates correct procedure for obtaining accurate blood pressure measurement.

GRADE LEVEL: GRADE 11-CAREGIVING

## Steps:

1. Identify patient.
2. Assist patient to Semi-Fowler's or sitting position with back supported and allow to rest for 5 minutes prior to obtaining blood pressure.
3. If sitting, patient's feet should be flat, not dangling from exam table or bed, and her legs uncrossed.
4. Assess for any consumption of caffeine or nicotine within previous 30 minutes.
5. Instruct patient on need to obtain blood pressure.
6. Position patient with back supported and arm at heart level with palm turned up.
7. Bare upper arm of any restrictive clothing.
8. Select appropriate size cuff (width of bladder 40% of circumference and encircle 80% of arm).
9. Palpate brachial artery
10. Position cuff 1" above site of brachial pulsation (antecubital space). Center bladder of cuff above artery.
11. Assess for proper fit of blood pressure cuff.
12. Verbalizes that if proper fit is not obtained may use forearm for B/P measurement.
13. Instruct patient not to talk during B/P measurement
14. Obtain blood pressure reading using automated or manual method
15. Document B/P, patient position, and arm in which taken.
16. Verbalizes that if B/P in severe range ( $\geq 160/110$ ), recheck B/P in 15 minutes

TOTAL SCORE  
REQUIRED TO MEET

RATING SCALE	
MEETS	DOES NOT MEET
80%	

\* Essential Elements

MEETS ☐ DOES NOT MEET ☐

Teacher's Signature \_\_\_\_\_

Student's Signature \_\_\_\_\_

# Manual Blood Pressure Competency

**LL Leslie**

A decorative red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

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