

## **Palpating the Pulse (Radial Artery) and Measuring the Blood Pressure**

**Aim:** At the end of this training session, participants should overpass the steps easily by performing the steps of the skill correctly and timely

**Tools:** Watch, stethoscope, calibrated sphygmomanometer

### **STEPS**

#### **Palpating the Radial Artery Pulse**

1. Explain the procedure to the patient
2. Ask the patient rest approximately 5-10 minutes before measurement
3. Wash your hands
4. Expose the patient's arm at least 10 cm. above the elbow
5. Ask the patient sit or lie down while supporting the patient's arm at the heart level
6. Support the patient's wrist, while ensuring the palm of hand turned up
7. Place the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> fingers over the trace of radial artery on the wrist
8. Compress for the radial artery (feel the pulse)
9. Count the pulse for 60 seconds
10. Determine the rhythm, number and amplitude of the pulse

#### **Measuring the Blood Pressure**

11. Squeeze all air out of cuff before applying to the patient
12. Place the cuff on the underdressed arm; the lower edge of the bladder should be 2-3 cm. above the antecubital fossa
13. Be sure that manometer is at 0
14. Close the valve
15. Palpate the pulse (brachial artery)
16. Place the stethoscope on your ears
17. Position the diaphragm of the stethoscope over the brachial artery
18. Inflate the cuff rapidly to 30 mm Hg above the level at which the radial pulse is disappeared
19. Open the control valve so that the deflation rate of the cuff is approximately 2 mm Hg/ second
20. Note the reading on the manometer when the first clear tapping sound is heard (systolic pressure)