

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

Sadhana Joshi Mendhurwar



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Table of Contents Manual Blood Pressure Competency

1. Understanding the eBook Manual Blood Pressure Competency
 - The Rise of Digital Reading Manual Blood Pressure Competency
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Blood Pressure Competency
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Blood Pressure Competency
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Blood Pressure Competency
 - Personalized Recommendations
 - Manual Blood Pressure Competency User Reviews and Ratings
 - Manual Blood Pressure Competency and Bestseller Lists
5. Accessing Manual Blood Pressure Competency Free and Paid eBooks

- Manual Blood Pressure Competency Public Domain eBooks
- Manual Blood Pressure Competency eBook Subscription Services
- Manual Blood Pressure Competency Budget-Friendly Options
- 6. Navigating Manual Blood Pressure Competency eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Blood Pressure Competency Compatibility with Devices
 - Manual Blood Pressure Competency Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Blood Pressure Competency
 - Highlighting and Note-Taking Manual Blood Pressure Competency
 - Interactive Elements Manual Blood Pressure Competency
- 8. Staying Engaged with Manual Blood Pressure Competency
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Blood Pressure Competency
- 9. Balancing eBooks and Physical Books Manual Blood Pressure Competency
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Blood Pressure Competency
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Blood Pressure Competency
 - Setting Reading Goals Manual Blood Pressure Competency
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Blood Pressure Competency
 - Fact-Checking eBook Content of Manual Blood Pressure Competency
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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