## BLOOD PRESSURE COMPETENCY CHECKLIST

	DATE:			
	Attempt:	1	2	3
ompetency:	Obtains both systolic and diastolic blood pressure readings.			
ehaviors:	<ol> <li>Chooses correct size blood pressure cuff.</li> <li>Demonstrates correct procedure for obtaining accurate blood pressure meas</li> </ol>	suremen	t.	
lassification:	RN			
Steps:		RATING SCALE		G SCALE
oteps.		ME	EETS	DOES NOT MEET
1. Identif	fy patient.			
	patient to Semi-Fowler's or sitting position with back supported and allow to r 5 minutes prior to obtaining blood pressure.			
	ng, patient's feet should be flat, not dangling from exam table or bed, and her nerossed.			
4. Assess	s for any consumption of caffeine or nicotine within previous 30 minutes.			
5. Instruc	et patient on need to obtain blood pressure.			
6. Positio	on patient with back supported and arm at heart level with palm turned up.			
7. Bare u	pper arm of any restrictive clothing.			
	appropriate size cuff (width of bladder 40% of circumference and encircle f arm).			
9. Palpat	e brachial artery			
	on cuff 1" above site of brachial pulsation (antecubital space). Center bladder f above artery.			
11. Assess	s for proper fit of blood pressure cuff.			
12. Verbal	lizes that if proper fit is not obtained may use forearm for B/P measurement.			
13. Instruc	et patient not to talk during B/P measurement			
14. Obtain	a blood pressure reading using automated or manual method			
15. Docum	nent B/P, patient position, and arm in which taken.			
16. Verbal	lizes that if B/P in severe range ( $\geq 160/110$ ), recheck B/P in 15 minutes			
	TOTAL SCORE			
	REQUIRED TO MEET	80	)%	
Essential Eler		_	•	
IEETS 🗆	DOES NOT MEET			
erifier Signatu	ire			
mplovee Sign	afure			