

## Skills Summaries

### Blood Pressure Measurement—Palpation



- 1** Select correct size of cuff and place lower edge of cuff 2.5 cm (1 in.) above crease of elbow, centred over brachial artery.

- 2** Locate radial pulse.



- 3** Close regulating valve and inflate cuff 20 mmHg beyond point where radial pulse disappears.



- 4** Slowly deflate cuff until radial pulse returns, then deflate cuff fully.
- 5** Record approximate systolic blood pressure.



### Blood Pressure Measurement—Auscultation



- 1** Select correct size of cuff and place lower edge of cuff 2.5 cm (1 in.) above crease of elbow, centred over brachial artery.



- 2** Locate radial pulse.



- 3** Close regulating valve and inflate cuff 20 mmHg beyond point where radial pulse disappears.



- 4** Position stethoscope over brachial artery.



- 5** Slowly deflate cuff until pulse is heard.

- 6** Continue deflating cuff until pulse is no longer heard, then fully deflate cuff.

- 7** Record systolic and diastolic blood pressure.

