

N211 Competency

Testing Respirations, Pulse and Blood Pressure

Before participating in the VS competency take Five VS of either Students or People at CSM following the guidelines below. Record VS here.

Participants	1	2	3	4	5
Blood Pressure					
Radial Pulse					
Respirations					

Form for Instructor Sign Off During VS Competency Below

S = Satisfactory U = Unsatisfactory NP = Not Performed

		S	U	NP	Comments
1	Performed hand hygiene.				
2	Gathered necessary equipment and supplies.				
3	Introduced self to patient and family.				
4	Identified patient using two identifiers.				
	Respirations				
5	Positioned patient and patient's arm appropriately				
6	Placed patient's forearm or own hand over lower chest or upper abdomen				
7	Observed a complete respiratory cycle.				
8	Looked at watch and took respiratory rate properly.				
9	Noted depth of patient's respirations properly. (Shallow, normal, or deep)				
10	Noted respiratory rhythm accurately. (Regular, irregular)				
	Radial Pulse				
11	If the patient was sitting, bend the elbow 90 degrees and support the lower arm on the chair or on own arm, slightly extended or flexed the wrist, with the palm down.				
12	Placed fingers properly on patient's inner wrist, extended or flexed wrist until strongest pulse was felt.				
13	Pressed against radius until pulse was obliterated, relaxed pressure until pulse was palpable.				
14	Rated strength of pulse properly. (Bounding, strong, diminished or absent)				
15	Noted regularity and rate of rhythm				

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