

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				

Nci Competency Test Manual

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Table of Contents Nci Competency Test Manual

1. Understanding the eBook Nci Competency Test Manual
 - The Rise of Digital Reading Nci Competency Test Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Nci Competency Test Manual
 - 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 Nci Competency Test Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nci Competency Test Manual
 - Personalized Recommendations
 - Nci Competency Test Manual User Reviews and Ratings
 - Nci Competency Test Manual and Bestseller Lists

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