



# Skill Checklist: Blood Pressure by Palpation

Blood Pressure by Palpation Checklist	
<b>Step 1:</b>	Explain the procedure to the patient.
<b>Step 2:</b>	Select the correct blood pressure cuff size.
<b>Step 3:</b>	Wrap the blood pressure cuff around the patient's arm so that the lower edge is about 2.5 cm (1 in.) above the crease of the elbow.
<b>Step 4:</b>	Locate the radial pulse.
<b>Step 5:</b>	Close the regulating valve and inflate the cuff until you can no longer feel the radial pulse. Continue to inflate the cuff for another 20 mmHg beyond this point.
<b>Step 6:</b>	Slowly deflate the cuff until the radial pulse returns, then deflate the cuff fully.
<b>Step 7:</b>	Record the approximate systolic blood pressure.

Skill demonstrated successfully?

- YES  
 NO

Comments:

Instructor signature: \_\_\_\_\_ Date (DD/MM/YYYY): \_\_\_\_\_

Candidate signature: \_\_\_\_\_ Date (DD/MM/YYYY): \_\_\_\_\_