

## PROCEDURE: ASSESSING PERIPHERAL PULSES

**SKILL:** This checklist is used to evaluate student's ability to locate all the peripheral pulses.

**Equipment/Supplies:** One sheet of Avery Removable Round Color Coding labels.

**Standards:** Given the needed equipment and a place to work, the student will perform this skill with 75 % accuracy.

### PROCEDURE STEPS:

#### To take your pulse rate:

1. Wash hands.
2. Greet and identify the patient and explain procedure.
3. Using a watch with a second hand and place it on your right wrist or on the table next to your left hand.
4. After finding your pulse, count the number of beats for 20 seconds.
5. Multiply by 3 to get your heart rate, or beats per minute (or just count for 60 seconds for a math-free option).

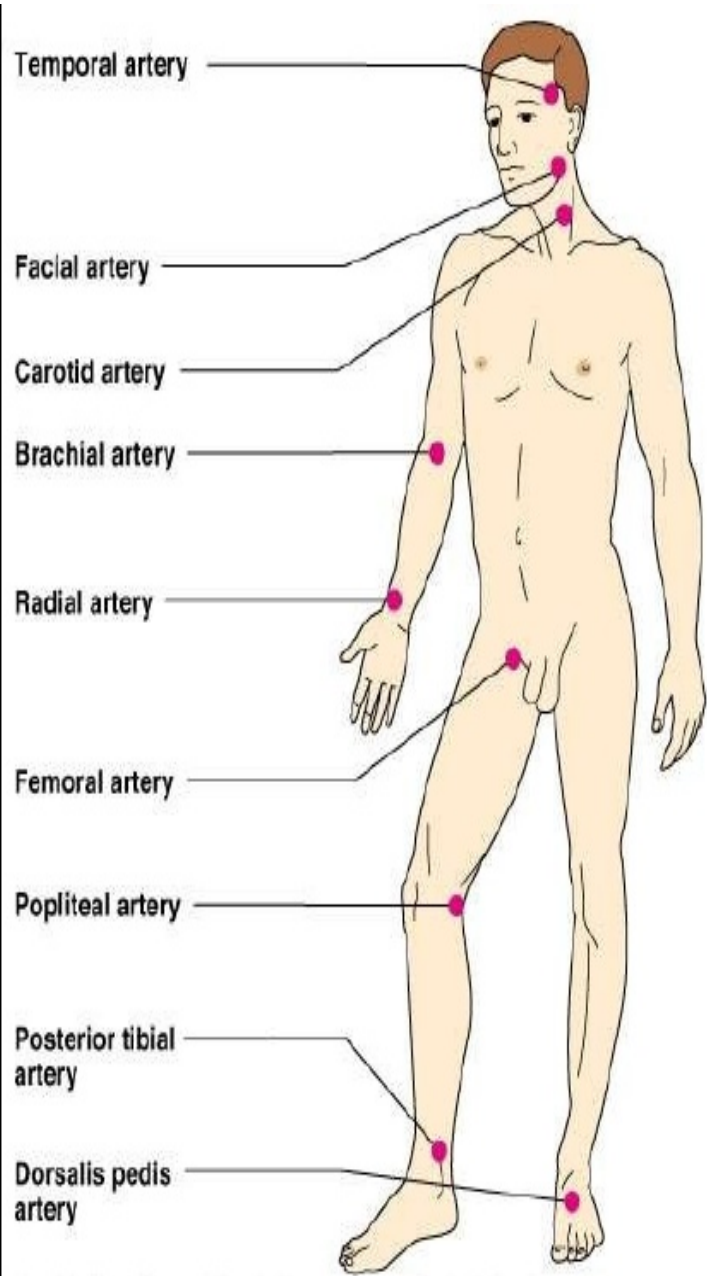
Pulse Sites Checklist	Points	Yes	No	COMMENTS
Selects, correctly locates, and palpates sites bilaterally.	<b>2 pts.</b>			
Uses fingers (not thumb) to palpate.	<b>1 pt.</b>			
Counts for 30 sec. if regular; 60 sec. if irregular.	<b>1 pt.</b>			
Notes rate, rhythm, and quality.	<b>1 pt.</b>			
Carotid pulse: Palpates only on one side at a time.	<b>1 pt.</b>			
Correctly locates the following sites:				
• Radial	<b>.5 pt.</b>			
• Brachial	<b>.5 pt.</b>			
• Carotid	<b>.5 pt.</b>			
• Temporal	<b>.5 pt.</b>			
• Popliteal	<b>.5 pt.</b>			
• Femoral	<b>.5 pt.</b>			
• Posterior tibial	<b>.5 pt.</b>			
• Dorsalis pedis	<b>.5 pt.</b>			
<b>TOTAL POINTS</b>				

Exceeds Expectations 8-10 Points	Meets Expectations 7.5 Points	Does Not Meet Expectations 7 Points & below	<b>Total Points</b> Passing score of 7.5 to meet outcome benchmark (75%)
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**Instructor Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Pulse Points

Can also be used as pressure points to stop bleeding



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