

## BLOOD PRESSURE MEASUREMENT (DIGITAL) SKILLS CHECKLIST

*\*Contact your school RN for your performance check and form completion.*

Name: \_\_\_\_\_

School: \_\_\_\_\_

SKILL	Performs skill in accordance to written guidelines	Requires further instruction & supervision
	Date	Date
1. Wash hands.		
2. Identify the student.		
3. Assemble the equipment: Digital blood pressure monitor with appropriate sized cuff (bladder should be at least 80% of the circumference of the arm)		
4. Explain procedure to student.		
5. Position the student's forearm at heart level with palm of hand turned up.		
6. Use thumb guide on cuff.		
7. Align the colored line with the middle finger. The air tube runs down the inside of the arm.		
8. Make sure the air tube plug is securely inserted into the main blood pressure unit.		
9. Place bottom of cuff ½ inch above bend in elbow.		
10. Press the START/STOP button. The cuff starts to inflate immediately.		
11. When the measurement is complete, the arm cuff completely deflates. The blood pressure reading is displayed.		
12. Record the time and blood pressure reading on SIS and the Blood Pressure Log.		
13. Press the START/STOP button to turn off the blood pressure monitor.		
14. Report any variation from the expected reading as indicated by the health care provider to the school nurse for follow-up.		

Preceptor's Signature \_\_\_\_\_ Initials \_\_\_\_\_ Date \_\_\_\_\_

Preceptee's signature \_\_\_\_\_ Initials \_\_\_\_\_ Date \_\_\_\_\_

Review or Annual re-demonstration (RN/LPN)

Review Dates \_\_\_\_\_

*\*Initial and date in space beside each skill indicates procedure has been demonstrated in a competent manner.*

**Distribution:** Original to preceptee. If student, copy to be placed in Student Health Record. If adult, copy to be placed in the Medication Book.