

TUSCOLA BEHAVIORAL HEALTH SYSTEMS

**GROUP HOME CURRICULUM TRAINING
OBSERVATION GUIDE FOR VITALS CHECK OFF**

Must be 3 SEPERATE test out/observations. Return within 30 days of Vitals Class.

***MUST HAVE THREE ACCURATE BLOOD PRESSURES
within 4mmHg of supervisor's reading & THREE
RADIAL PULSE READINGS with accuracy verified by supervisor***

Name of Staff Observed: _____ Work Site: _____

Observations should be completed successfully with home supervisor prior to staff performing vitals independently. Home supervisor's initials are required in each box following successful completion of each step in the process of obtaining a manual blood pressure and radial pulse on three separate observations.

Observation	1	2	3	Comments
<i>Obtain Manual Blood Pressure</i>				
1 Wash hands Identify the consumer Explain the procedure to the consumer Choose the right equipment <ul style="list-style-type: none"> • A quality stethoscope • An appropriately sized blood pressure cuff • Alcohol wipes (clean ear pieces and chest piece of stethoscope) 				
2 Ensure Use of the Proper BP Cuff Size <ul style="list-style-type: none"> • Most measurement errors occur by not taking the time to choose the proper cuff size. • Wrap the cuff around the patient's arm and use the INDEX line to determine if the patient's arm circumference falls within the range area. • Otherwise, choose the appropriate smaller or larger cuff. 				
3 Prepare the Consumer <ul style="list-style-type: none"> • Allow the consumer 15 minutes to relax before the first reading. 				
4 Place the BP Cuff on the Consumer's arm <ul style="list-style-type: none"> • Palpate/locate the brachial artery and position the BP cuff so that the ARTERY marker points to the brachial artery. • Wrap the BP cuff snugly around the arm. 				

5	<p>Position the Stethoscope</p> <ol style="list-style-type: none"> 1. On the same arm that you placed the BP cuff, palpate the antecubital fossa (crease of the arm) to locate the strongest pulse and place the bell of the diaphragm over the brachial artery at this location. 				
6	<p>Determine the Maximum Inflation Level</p> <p>Option 1: Inflate cuff as you listen to the brachial pulse</p> <ol style="list-style-type: none"> 1. As the BP cuff inflates enough to block blood flow, you should stop hearing pulse sounds through the stethoscope. 2. The gauge should read 20-30mmHg above the individual's normal BP reading. <p>Option 2: Inflate cuff as you palpate the radial pulse</p> <ol style="list-style-type: none"> 1. As the BP cuff inflates enough to block blood flow, you should stop feeling pulse. 2. Then go 20-30mmHg above that number when you inflate the cuff again for the reading. 				
7	<p>Slowly Deflate the BP Cuff</p> <ul style="list-style-type: none"> • Begin deflation. • The AHA recommends that pressure should fall at 2-3 mmHg per second, anything faster may likely result in an inaccurate measurement. 				
8	<p>Listen for the Systolic Reading</p> <ul style="list-style-type: none"> • The first occurrence of pulse sounds heard as blood begins to flow through the artery is the patient's systolic pressure. • This may resemble a tapping noise at first. 				
9	<p>Listen for the Diastolic Reading</p> <ul style="list-style-type: none"> • Continue to listen as the BP cuff pressure drops and the sounds fade. • Note the gauge reading when the rhythmic sounds stop. • This will be the diastolic reading. 				
10	<p>If BP needs to be repeated wait 5 minutes to repeat on same arm or switch to other arm.</p>				
11	<p>Document BP on the vital sign sheet.</p>				

12	Compare reading against consumer's baseline vitals. Report if necessary.				
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Obtain Radial Pulse

1	Wash hands, identify consumer, and explain procedure to the consumer.				
2	Obtain watch with second hand.				
3	Place 2-3 fingers on inner wrist and locate the radial pulse (do not use thumb).				
4	Apply just enough pressure so you can feel each beat. Do not push too hard or you will obstruct the blood flow.				
5	Count the heartbeat for a full 60 seconds using a watch with a second hand. (If pulse is irregular retake the pulse.)				
6	Document radial pulse on the vitals sign sheet (document if pulse is irregular). Compare reading against consumer's baseline vitals. Report if necessary.				

	Date/Time	Staff	Supervisor	BP within 4 mmHg Y or N	Pulse beats per minute Y or N
Observation 1		BP__ P__	BP__ P__		
Observation 2		BP__ P__	BP__ P__		
Observation 3		BP__ P__	BP__ P__		

Pass Fail

Signature of Staff Member Being Observed

Date

Signature of Home Manager/Assistant Manager

Date

Please return to Training Services – Echols Building. Return within 30 days of Vitals Class