

**PCA/PCT Blood Pressure Measurement
Competency Verification Record
University of Virginia Health System**

Employee Name: _____ ID #: _____ Date: _____

Note: This Competency Verification Record is **not** a required part of the permanent personnel record. This form is to be used as a guide for competency check off only; the Annual Competency Record is used to document competency. (If competency validation occurs away from the unit, this form can be completed by the validator; the signed form can then be presented to the unit NEC or manager as evidence of competency. The Annual Competency Record is then signed indicating that the competency was validated).

Instructions:

- Two employees should complete this demonstration at the same time, each measuring the other's blood pressure.
- Supplies: Manual B/P cuffs, 3 different sizes, S,M, L. Dual earpiece stethoscope (NES), alcohol swabs
- Evaluator should give the following scenario, but should not intervene or coach during the demonstration, other than to ask the questions in bold. Evaluator must listen concurrently (using dual earpiece stethoscope) while the B/P is being measured, to validate correct reading.
- * = **required to pass skill**
Scenario: The RN has asked you to obtain a manual BP on Ms. J because the automatic vital signs machines are all in use.

Demonstrated Skill:	Y	N	Evaluator's Initials/ comments
Chooses appropriate size cuff * (Bladder should encircle at least 80% of the upper arm. Cuff width should equal approximately 40% of the mid-arm circumference.)			
Palpates the brachial artery*			
Positions the arm: <ul style="list-style-type: none"> • B/P cuff is level with patient's heart* • Patient's palm up • Arm supported* 			
Places deflated cuff: <ul style="list-style-type: none"> • Snugly around upper arm • 1 inch above elbow • With B/P cuff arrow over brachial artery* 			
Evaluator and Demonstrator place earpieces of dual stethoscope into ears.			
Centers diaphragm of stethoscope over the brachial artery.*			
Inflates B/P cuff to 160 – 180 mmHg.* <ul style="list-style-type: none"> • If sound appears immediately upon release of the thumbscrew, deflates B/P cuff entirely, waits 2 minutes, and reinflates to 200 mmHg. 			
Deflates B/P cuff at an even rate of 2-4 mmHg per second.			
Correctly notes the systolic and diastolic readings (within 4 mmHg), verified by the Evaluator.*			
Deflates B/P cuff completely, removes from patient's arm.			
Evaluator ask: If this blood pressure was abnormal or different from the patient's usual blood pressure, what would you do? <ul style="list-style-type: none"> • Verbalize that they would wait 2 minutes and repeat the procedure, then report BP to the RN. 			
Evaluator ask: Where and what would you document? <ul style="list-style-type: none"> • In EPIC, specify Manual blood pressure 			

Competency Verified by: _____

Evaluator's Name (printed) Evaluator's signature Date: _____