



NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


Name: _____

Count / Record Radial Pulse 4.01F

This skill may be required during NNAAP® testing

 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.

 During skill check-off, the student must perform the skill unassisted with 100% competence.

 While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

Equipment: Watch with second hand, notepad and pen

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| | 1. Knock before entering, address resident by name, state your name and title. Identify resident, explain procedure and obtain permission. |
| | 2. Wash hands, provide privacy. |
| | 3. Position resident so that hand and arm are resting comfortably. |
| | 4. Locate pulse by placing tips of first three fingers on the thumb side of the resident's wrist (palm side of wrist) at base of thumb over radial artery. |
| | 5. Press lightly until you feel pulse; note if the pulse is steady or irregular, strong or weak. <i>Pressing too hard will occlude the pulse. Use moderate pressure in pressing the radial artery. See note below regarding teaching tip/tool.</i> |
| | 6. Note position of second hand on watch; count pulse rate for 30 seconds and multiply by 2. If pulse is irregular, take for one full minute. <i>When taking the NNAAP® skills exam count for ONE FULL MINUTE!</i> |
| | 7. Wash hands BEFORE recording the pulse rate. |
| | 8. Record resident's name and pulse rate on notepad. For NNAAP® skill testing, pulse must be within plus or minus 4 beats. |
| | 9. Provide for comfort, place call signal in reach. |
| | 10. Record pulse and report any abnormal findings: irregular rhythm, weak or pounding force, changes from previous measurements, pulse rate under 60 or over 90 beats per minute, to supervisor. |

Practice Tip:

- If there is difficulty in palpating the radial pulse, and the caregiver's position for taking the radial pulse is correct, try extending the resident's hand back very gently. This may cause the artery to become tight thus keeping the radial artery from moving and bringing the artery up closer to the surface of the skin.
- To demonstrate the effect that the amount of pressure exerted on the resident's pulse, use a drinking straw. Pinch the end of a drinking straw between the thumb and the forefinger. Demo that a little pressure does not close the end of the straw very much, moderate pressure closes the opening of the straw some, and heavy pressure between the forefinger and the thumb will totally close the straw/artery. This illustrates a candidate obliterating a pulse!

Instructor's Initials: _____ Date: _____