

NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: _____

Measuring Apical Pulse 4.01G

This skill MUST BE TAUGHT.
However, individual skill competence check is NOT required for this skill.

Equipment: Stethoscope, watch with second hand, antiseptic swabs, notepad and pen

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| | 1. Assemble equipment |
| | 2. Knock before entering resident's room |
| | 3. Address resident by name |
| | 4. State your name and title |
| | 5. Identify resident |
| | 6. Explain procedure and obtain permission |
| | 7. Wash hands |
| | 8. Provide privacy |
| | 9. Clean earpieces and diaphragm on stethoscope with antiseptic swabs |
| | 10. Put earpieces in both ears with the tips pointing toward your nose |
| | 11. Warm the diaphragm of stethoscope by holding in palm of hand for several seconds |
| | 12. Uncover left side of chest or place stethoscope under clothing. Avoid over exposure |
| | 13. Locate apex of heart by placing bell of stethoscope under left breast, just below and to inside of nipple and listen for heart sounds |
| | 14. Count heart rate one full minute noting abnormal sounds, and/or rhythm |
| | 15. Record name of resident and number of beats on notepad |
| | 16. Cover resident and make comfortable |
| | 17. Clean earpieces and diaphragm of stethoscope with antiseptic swabs |
| | 18. Wash hands |
| | 19. Provide for comfort with call signal in reach |
| | 20. Record apical pulse and report abnormal reading to supervisor |