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

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