Measuring Pulse

NURSE DELEGATION:
INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

General Task: MEASURING RADIAL PULSE

Supplies Needed
1. Wrist watch with second hand or digital display
2. Hand-washing solution or Hand Sanitizer

Procedures/Steps to Follow to Perform the Task
1. Explain the procedure to the resident.
2. Wash your hands with hand-washing solution.
3. Assist the resident to a supine or sitting position.
4. Gently bend the resident's elbow to a 90 degree angle, with the resident's wrist extended and palm up. Support the resident's lower arm with your arm as needed.
5. Palpate the radial pulse in the following manner:
   - Exert slight pressure with the tips of your first two fingers on the resident's inner wrist and over the radial artery. Do not use your thumb.
   - Apply pressure to the pulse initially, and then relax the pressure so that the pulse becomes easily palpable.
6. When the pulse can be felt, use a watch and count the heart beats for a full minute.
7. Provide resident comfort measures.
8. Wash your hands with hand-washing solution or Hand Sanitizer if no body fluids are present.
9. Document pulse in MAR or Vital Signs Flow Sheet.

Outcomes
An accurate pulse reading will be obtained.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact

Notify Nurse if pulse rate is outside the parameters designated by physician or Nurse for the resident.
None

Measuring Pulse

General Task: Measuring Radial Pulse

Signature of CAREGIVER	Signature of Delegating Nurse	Delegation Competency Review Date
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