

MaineHealth

Cardiovascular Health Program

Observation Checklist

Met Not Met

Pt position	Back supported		
	Feet Flat		
	Brachial Artery at level of left atrium		
	One other consideration (ie emotional state, talking, bladder, etc)		
Cuff position	Bladder centered over brachial artery		
	Cuff 1" above bend of elbow		
	Proper cuff size		
	No clothes between bladder and arm		
A-P Technique	Palpates radial pulse		
	Estimates systolic pressure		
	Pumps to 20-30 points above ESP		
	Rate of deflation 1-2mm/sec		