



# OSCE Checklist: Blood Pressure Measurement

<b>Introduction</b>		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the procedure will involve using patient-friendly language	
5	Gain consent to proceed with blood pressure measurement	
6	Position the patient sitting on a chair, with their arm comfortably placed at heart level	
7	Check if the patient has a preference as to which arm to use: avoid using an arm that has local pathology such as post-mastectomy lymphoedema	
8	Ask the patient to adequately expose their upper arm on the relevant side by rolling up their sleeve	
9	Ask the patient if they have any pain before proceeding with blood pressure measurement	
<b>Attaching the blood pressure cuff</b>		
10	Check that the blood pressure cuff size is appropriate for the patient's arm and that it is fully deflated	
11	Confirm the location of the brachial artery by palpating medial to the biceps brachii tendon and lateral to the medial epicondyle of the humerus	
12	Wrap the blood pressure cuff around the patient's upper arm, lining up the cuff marker with the brachial artery	
<b>Measuring blood pressure</b>		
13	Ensure the valve on the blood pressure cuff is closed	
14	Palpate the patient's radial pulse, located at the radial side of the wrist, with the tips of your index and middle fingers aligned longitudinally over the course of the artery	
15	Inflate the blood pressure cuff until you can no longer feel the patient's radial pulse. Note the reading on the sphygmomanometer at the point at which the radial pulse becomes impalpable. This reading is an approximate estimate of the patient's systolic blood pressure.	
16	Open the valve and deflate the blood pressure cuff	
17	Close the valve on the blood pressure cuff	
18	Position the diaphragm of your stethoscope over the brachial artery	
19	Re-inflate the cuff 20-30 mmHg above the systolic blood pressure you previously estimated	
20	Then slowly deflate the cuff at around 2-3 mmHg per second	
21	Identify the first Korotkoff sound	
22	Identify the fifth Korotkoff sound	
<b>To complete the procedure...</b>		
23	Once an blood pressure has been obtained, remove the blood pressure cuff	
24	Explain to the patient that the procedure is now complete	

<b>25</b>	Discuss the blood pressure results with the patient, including any further steps that may need to occur (e.g. follow-up, further investigations, initiation of treatment)	
<b>26</b>	Thank the patient for their time	
<b>27</b>	Dispose of PPE appropriately and wash your hands	
<b>28</b>	Document the lowest blood pressure recording in the patient's notes	

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