



OSCE Checklist | Lying & Standing Blood Pressure

Introduction		
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 lying and standing blood pressure measurement	
6	Ask the patient to lie on the examination couch for at least five minutes before continuing	
Lying blood pressure		
7	Check that the blood pressure cuff size is appropriate for the patient's arm and that it is fully deflated	
8	Confirm the location of the brachial artery by palpating medial to the biceps brachii tendon and lateral to the medial epicondyle of the humerus	
9	Wrap the blood pressure cuff around the patient's upper arm, lining up the cuff marker with the brachial artery	
10	Ensure the valve on the blood pressure cuff is closed	
11	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	
12	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.	
13	Open the valve and deflate the blood pressure cuff	
14	Close the valve on the blood pressure cuff	
15	Position the diaphragm of your stethoscope over the brachial artery	
16	Re-inflate the cuff 20-30 mmHg above the systolic blood pressure you previously estimated	
17	Then slowly deflate the cuff at around 2-3 mmHg per second	
18	Identify the first Korotkoff sounds (systolic blood pressure) and fifth Korotkoff sounds (diastolic blood pressure)	
Standing blood pressure		
19	Ask the patient to stand and inform you if they experience any symptoms (e.g. dizziness, light-headedness, visual disturbance)	
20	Measure the blood pressure within the first minute of standing by auscultating over the brachial artery, using the same technique as before	
21	Measure the blood pressure after three minutes of standing	
22	If blood pressure is dropping, continue to repeat the blood pressure measurements	
23	Remove the blood pressure cuff from the patient	

To complete the procedure...

24	Explain to the patient that the procedure is now complete	
25	Discuss the lying and standing blood pressure results with the patient, including any further steps that may need to occur	
26	Thank the patient for their time	
27	Dispose of PPE appropriately and wash your hands	
28	Document the lying and standing blood pressure recording and any symptoms in the patient's notes	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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