

Summary of Skills – Vital Signs

- 1. Wash hands
- 2. General observation
- 3. Measure pulse in radial artery, noting: rate, rhythm and volume
- 4. Measure blood pressure, both arms (for practice), using stethoscope
- 5. Confirm by measuring systolic blood pressure by palpation ***(special test)**
- 6. Measure blood pressure and pulse after positional changes (orthostatic) ***(special Test: if concerns about dizziness that's BP mediated, volume status)**
- 7. Measure respiratory rate
- 8. Examine hands, nails, fingers
- 9. Wash hands

***Special Test:** Not done on routine exam – Reserved for specific clinical situations