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