

## OBTAIN VITAL SIGNS: BLOOD PRESSURE

For use of this form see TC 8-800; the proponent agency is TRADOC.

**TABLES:** IV

**REFERENCES:** STP 8-68W13-SM-TG, Task: 081-831-0012, Measure a Patient's Blood Pressure; Emergency Care and Transportation of the Sick and Wounded.

**1. Soldier** (*Last Name, First Name, MI*)

**2. Date** (YYYYMMDD)

**CONDITIONS:** Given a trauma or medical casualty requiring assessment and management in a clinical environment or field setting. You are not in a CBRN environment.  
A critical skill in the thorough assessment and management of any casualty is the ability to quickly and accurately obtain a set of vital signs. The Soldier Medic must be able to accurately measure a casualty's pulse, respirations, blood pressure, and oxygen saturation level using the appropriate techniques and equipment.

**STANDARDS:** Perform all measures IAW Emergency Care and Transportation of the Sick and Injured. You must score at least 70% (*11 of 15 steps*) and not miss any critical (\*) elements on the skill sheet.

**SAFETY:**

- o Risk Assessment: Low. All bodily fluids should be considered potentially infectious; always observe body substance isolation (*BSI*).
- o Precautions: Wear gloves and eye protection as a minimal standard of protection.
- o Environmental: None.

**NOTE:** Soldier Medics must be observed. (*Evaluator to Soldier Medic ratio is 1:6*).

**TEST SCENARIO:**

While responding to an emergency call, you encounter a casualty with a medical illness or trauma-related injury. During your assessment and management of this casualty, you must obtain a baseline set of vital signs. You must demonstrate the techniques and procedures for measuring blood pressure; you have been provided the necessary medical equipment.

**3. Evaluator's Comments and After-Test Recommendations:**

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**OBTAIN VITAL SIGNS: BLOOD PRESSURE  
GRADING SHEET**

TASK	COMPLETED					
	1ST		2ND		3RD	
	P	F	P	F	P	F
4.						
a. * Took/verbalized body substance isolation (BSI) precautions.	<input type="checkbox"/>					
b. Explained the procedure to the casualty, if necessary.	<input type="checkbox"/>					
c. Positioned the casualty, seated or lying supine.	<input type="checkbox"/>					
d. Gained unimpeded exposure of the arm to be used.	<input type="checkbox"/>					
e. Ensured the size of blood pressure cuff was appropriate to the casualty.	<input type="checkbox"/>					
f. Centered the inflatable bladder of the cuff over the brachial artery securing it just tight enough to prevent slippage.	<input type="checkbox"/>					
g. Supported the casualty's arm, palm up, so it was in a relaxed state.	<input type="checkbox"/>					
h. Palpated the brachial pulse with the index and middle fingers of one hand to determine where to place the stethoscope.	<input type="checkbox"/>					
i. Placed the diaphragm over the pulse site and held it firmly pressed against the artery with the fingers of their nondominant hand.	<input type="checkbox"/>					
j. With the valve tightly closed, inflated the cuff to at least 140 mm Hg (or 30 mm Hg above the point when they can no longer hear the pulse sounds).	<input type="checkbox"/>					
k. Determined the blood pressure reading by rotating the thumbscrew in a clockwise motion, allowing the cuff to slowly deflate at about 3 mm Hg per second. Watched the gauge and listened carefully noting the casualty's systolic pressure (first distinct taps) that can be heard clearly.	<input type="checkbox"/>					
l. Continued to watch the gauge to note the diastolic pressure (where the sound changes again, becomes muffled, or disappeared).	<input type="checkbox"/>					
m. Once the pulse sound ceased, quickly opened the valve, releasing the remaining air rapidly.	<input type="checkbox"/>					
n. * Documented the blood pressure reading (systolic over diastolic) and the time obtained on the appropriate medical form.	<input type="checkbox"/>					
o. * Measured the casualty's blood pressure within 6 mm Hg, both systolic and diastolic.	<input type="checkbox"/>					

\* CRITICAL ELEMENTS



**OBTAIN VITAL SIGNS: BLOOD PRESSURE  
EVALUATOR GUIDELINES AND INSTRUCTIONS**

Inform the Soldier Medic of the CONDITIONS and STANDARDS as stated on this form.  
Provide an optional scenario, if appropriate. This scenario should reinforce the unique or particular needs of the unit.  
Allow sufficient time for the Soldier Medic to extract information from the scenario.  
Provide each evaluator with the grading sheet.  
Ensure the Soldier Medic has all required materials.  
Explain how the exercise is graded.

**Resource Requirements:**

**Evaluator:** Grading sheet and applicable scenario.  
**Soldier Medic:** Applicable scenario, sphygmomanometer, clean stethoscope.

**Additional Scoring Guidelines:**

Ensured the size of blood pressure cuff was appropriate to the casualty.

- o Cuff width at least 40% of arm circumference.
- o Cuff air bladder length at least 80% of arm circumference.

Documented the blood pressure reading (*systolic over diastolic*) and the time obtained on the appropriate medical form.

*Example: BP-138/88.*

**NOTE:** The normal blood pressure (*at rest*) for an adult is 100-140 mm Hg (*systolic*); 60-90 mm Hg (*diastolic*).