
PULSE

1. Background and Rationale

Radial pulse will be counted to document heart rate.

2. Equipment and Supplies

- digital stop watch

3. Safety Issues and Exclusions

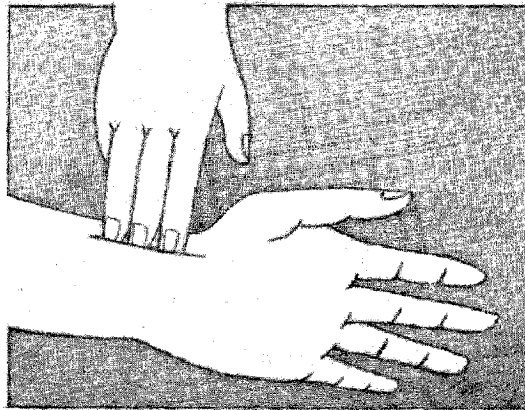
None.

4. Participant and Exam Room Preparation

Participant should rest for at least 5 minutes prior to measurement of radial pulse.

5. Detailed Measurement Procedures

Refer to the section on Neuromuscular Function for detailed directions for using the stopwatch.



Have the participant turn their palm upward (see figure above). Palpate the radial pulse with your index and middle fingers. Use the stopwatch to count the pulse for 30 seconds and record the number of beats in 30 seconds as Measurement 1 on the Height, Weight and Pulse form; count the pulse for 30 seconds again, and record the number of beats as Measurement 2. Multiply both Measurement 1 and Measurement 2 by two to obtain Pulse 1 and Pulse 2. Record Pulse 1 and Pulse 2 on the form. Compute the average pulse by adding Pulse 1 and Pulse 2 together and dividing the total by two. Record this number in the Average Pulse field on the form.

6. Procedures for performing the measurements at home (if applicable)

The same procedures described above may be performed at home.

7. Alert values / follow-up

To be determined.

8. Quality assurance

8.1 Training requirements

- Read and study manual
- Attend SOF training session on techniques (or observe administration by experienced examiner)
- Practice on volunteers
- Discuss problems and questions with local expert or QC officer

8.2 Certification requirements

- Complete training requirements
- Conduct exam on two volunteers while being observed by QC officer.
- Performs exam according to protocol as demonstrated on completed QC checklist.
- Three sequential recordings of radial pulse measurement by the staff member agree with those of the QC officer within 3 beats per 30 second recording and with the average of the three readings within 2 beats.

8.3 Quality assurance checklist

- Radial pulse palpated correctly
- First radial pulse correctly measured and recorded (30 seconds)
- Second radial pulse correctly measured and recorded (30 seconds)
- Radial pulse averaged correctly on form