

10 STEPS TO TAKE

Manual Blood Pressure

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01. Prepare Equipment

Wash hands and ensure equipment is ready and the correct cuff size is selected.
- Seat client with arm at heart level, feet flat, and legs uncrossed. Ensure they remain still and silent.

02. Position Client


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03. Find Brachial Artery

Locate the brachial artery just above the elbow.
- Wrap cuff snugly around the upper arm, about an inch above the elbow, aligned with the artery.

04. Apply Cuff


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05. Place Stethoscope

Position the stethoscope's diaphragm over the brachial artery below the cuff.
- Inflate the cuff until 30 mmHg above the expected systolic pressure.

06. Inflate Cuff


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07. Deflate Slowly

Release pressure at 2-3 mmHg per second and note the first sound (systolic pressure).
- Keep deflating and note when sounds disappear (diastolic pressure).

08. Continue Deflating


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09. Record Readings

Document the systolic and diastolic readings.
- Fully deflate and remove the cuff.

10. Remove Cuff



Manual Do 3 Step

John Caldwell Tidball



Manual Do 3 Step:

Technical Manual United States Department of the Army,1983 Organizational Maintenance Manual ,1978
Operator, Organizational, Direct Support, and General Support Maintenance Manual ,1983 *Seven Steps to Writing Success - Persuasive Writing Manual (Second Edition)* Jen McVeity,Sarah Bakker,2021-01-01 Are you ready to transform your students into masters of persuasion Packed with practical time saving classroom resources this manual makes planning and implementing the Seven Steps just as fun as learning it Inside this Step by Step guide you ll find theory and techniques for each Step annotated writing samples showing the techniques in action fun and flexible curriculum aligned writing activities and templates over 100 differentiated writing topics plus picture prompts planning and assessment resources a Putting It All Together chapter Manual of Dancing Steps Elsa Pohl,1914 **Manual Training Magazine** Charles Alpheus Bennett,William Thomas Bawden,1911 *Manual of operative surgery /by John Fairbairn Binnie* John Fairbairn Binnie,1911
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