

Blood pressure (BP)

- **Arterial blood pressure** : measure of the pressure exerted (المبذول) by blood as it pulsates through the arteries.
- There are two blood pressure measures :
 - 1) **the systolic pressure** : the pressure of blood as a result of contraction (انقباض) of the ventricles (the pressure of the height of the blood wave) .
 - 2) **the diastolic pressure** : the pressure when the ventricles are at rest (الانبساط أثناء الراحة) .
- the difference between the diastolic and systolic pressure is called the **pulse pressure**.

Purposes

- 1) To obtain a baseline measure of arterial blood pressure for subsequent evaluation .
- 2) To determine the client's hemodynamic status (cardiac output, stroke volume of the heart) .
- 3) To identify and monitor changes in blood pressure resulting from a disease process and medical therapy (*presence or history of cardiovascular disease , renal disease , circulatory shock , or acute pain*) .
- 4) To determine client's safety in performing activity such as arising after extended bed rest or recovery from anesthesia .

لجنة التمريض ... فكرة تحيا على نبض قلوبكم

Healing 

<http://www.facebook.com/healing.nursing>

Assessment

- 1) Assess the site that you want to take the BP by it ,
(usually we use the brachial artery) from any burns or trauma , surgery .
- 2) Assess the size of cuff to suit (تلائم) the size of the upper extremities .
- 3) Assess the factor that effecting BP (activity , stress , age , pain , smoking . and make the clients rest for 30 minute .
- 4) Assess the sign and symptoms of hypertension ارتفاع ضغط الدم (headache , flushing face , nose bleeding , fatigue) .
- 5) Assess the sign and symptoms of hypotension انخفاض ضغط الدم (pale skin , dizziness دوخة , cool skin) .
- 6) Assess the last reading of BP to make a comparison between the last and current reading .

Equipments

- 1) Stethoscope سماعة
- 2) Sphygmomanometer جهاز قياس الضغط
- 3) Alcohol swap قطن مبلل بالكحول and dry cotton
- 4) Pen , Pencil , Vital sign flow sheet لتسجيل القراءة

Five steps

- Don't forget to mention these five step :

- 1) Introduce your self .
- 2) Explain the procedure .
- 3) Provide client's privacy .
- 4) Prepare all your equipments.
- 5) Perform hand hygiene and wear gloves .

Implementation

- 1) Sit the client in a comfortable position (sitting position وضعية جلوس or supine position على ظهره).
- 2) Make sure that the client's arm at his level of heart and his legs on the ground without any crossing and his palm كفه in the upper side .
- 3) Help the client to remove his sleeved ينزع أكمام ملبسه
- 4) Don't allow the client to speak until you finish measurement .
- 5) Sense تحسس the brachial artery on medial side of the body في الجهة القريبة من الجسم .
- 6) Put the cuff 2.5 cm above the brachial artery ... make sure that the stock السهم which indicate the center of the cuff is above the brachial artery .. and the cuff is absolutely empty from oxygen .
- 7) Roll لف the cuff regularly in a comfortable way around the upper arm .
- 8) Put the sphygmomanometer vertically and on the eyes level .. the distance mustn't be more than one meter .
- 9) Sense the radial pulse and Blow انفخ the cuff quickly .. Determine the point which the pulse was disappeared there .. (look at the Even numbers الاعداد الزوجية).. this point called " systolic pressure " .
- 10) Empty the cuff from the oxygen and wait 30 second .
- 11) Don't forget to Sterilize تعقم the stethoscope using alcohol swap then dry cotton .
- 12) Sense the brachial again and put the stethoscope above it without any contact with the cuff .. Don't forget to assure that the stethoscope is turned on by lightly click انقر بسيط على السماعة للتأكد من عملها then turn off the valve الصمام in a direction that is agreeing مع عقارب الساعة with Clockwise .
- 13) Blow the cuff quickly until you arrive 30 degree above the recent specific point .. then turn on the valve slowly to decrease the Mercury 2-3 mm Hg / sec .

- 14) Determine the point which you listen the first clear sound of pulsing on the mercury measurement ... the sounds will be disappearing Gradually تدريجياً .
- 15) Continue emptying the oxygen gradually and observe the point which the sound will disappeared .. listen 2-3 mm after the last sound .
- 16) Empty the cuff quickly and remove it from the patient's arm .
- 17) Help the patient to wear his clothes and return him to the comfortable position .
- 18) Reassure the patient about his health status .
- 19) Clean your equipment and return it to its place .
- 20) Wash your hand .
- 21) Document the procedure and report any abnormal thing.

Documentation

Documentation	Nurses notes	signature
29-3-2012 10:00 am	Blood pressure was taken from Rt. Arm = 120/80 mmhg	Name just

Nursing Diagnosis

<http://www.facebook.com/healing.nursing>
deficit fluid volume / excess fluid volume/ decreased cardiac output/ ineffective tissue perfusion .

لجنة التمريض ... فكرة تحيا على نبض قلوبكم

