

Skills Checklist

Apical and Peripheral Pulses

Student Name _____

Date _____

First Attempt

Second Attempt

Skill Steps	S	U	Comments	S	U	Comments
Peripheral Pulses						
Introduction <ul style="list-style-type: none"> • Introduce self • Hand hygiene • Provide Privacy • Identify patient • Explain Procedure 						
1. Palpate peripheral pulse Use 2-3 middle fingers						
2. Count the pulse for 15 seconds & multiply by 4 or if irregular, count for full minute						
3. Note if pulse is strong or weak, regular or irregular						
Apical Pulse						
1. Position patient supine or sitting						
2. Locate Apical Pulse <ul style="list-style-type: none"> • Midclavicular, 5th intercostal space 						
3. Clean & warm stethoscope diaphragm						
4. Position stethoscope and count heart rate for 30 seconds if regular rate, 1 full minute if irregular						
5. Assess heart tones for abnormal sounds and if rate is regular or irregular rate						
End of Procedure <ul style="list-style-type: none"> • Ask if patient has any questions • Document procedure 						

Student Signature _____

Instructor Signature _____