MESA Seated Blood Pressure Certification / Supervisor / Site Visit Checklist

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| **DATE:** |  |  |  | |  | |  | **Field Center:** |  | | | | |
|  | **mo** |  | **day** | |  | | **year** |  |  | | | | |
|  |  |  |  | |  | |  | **Technician name/ID:** |  | | | | |
|  |  |  |  | |  | |  |  |  | | | | |
|  |  |  |  | |  | |  | **Supervisor:** |  | | | | |
|  |  |  |  | |  | |  |  |  | | | | |
| **Purpose of Evaluation:** | | | | | | | | | | | | | |
| **Certification** | | | |  | | **Supervisor QC Check** | | | |  | **Site Visit** |  |  |
|  | | | |  |  | | | | |  |  |  |  |

Please check the appropriate box if technician performance is satisfactory for each line item. Please note any comments or remedial action taken in ‘Comments’ section if performance was not satisfactory.

Throughout Exam:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **S** | **U** |  |
| 1. |  |  | Keeps participant warm, relaxed, and comfortable. |
| 2. |  |  | Discourages participant from talking, except to voice discomfort or confusion about instructions. |

Steps in Exam:

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| --- | --- | --- | --- | --- |
| 3. |  |  | Greets the subject and communicates appropriately with participant regarding purpose, time requirement, and process of blood pressure measurement. | |
| 4. |  |  | Seats participant in proper position. | |
| 5. |  |  | Insures that participant was not chewing gum. | |
| 6. |  |  | Places right arm on table in proper position. | |
| 7. |  |  | Bares participant arm to above point of shoulder. | |
| 8. |  |  | Measures and records arm circumference according to protocol. | |
| 9. |  |  | Selects proper size cuff using table in protocol. | |
| 10. |  |  | Palpates brachial artery. | |
| 11. |  |  | Places cuff directly on skin (no sleeve or rolled-up), with center of bladder over brachial art. | |
| 12. |  |  | Places cuff at level of participant’s heart. | |
| 13. |  |  | Asks if participant was relaxed and helped subject to relax if needed. | |
| 14. |  |  | Instructs participant on posture. | |
| 15. |  |  | Times 5 minutes of relaxed sitting. | |
| 16. |  |  | Obtains 3 blood pressure measures with 1-minute intervals between end and restart. | |
| 17. |  |  | Records all three blood pressures correctly. | |
| 18. |  |  | Correctly identifies and records blood pressure for participant. | |
| 19. |  |  | Communicates appropriately with participant regarding an alert level blood pressure. | |
| 20. |  |  | Communicates appropriately with participant regarding a normal blood pressure. | |
| 21. |  |  | Communicates appropriately with participant regarding completion of blood pressure procedure. | |
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| **Comments/Corrective Actions:** | | | |
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| ***Supervisor /Site Visitor Signature*** | | | |  |

For QC activity, Make sure to complete the Web-based qc procedures/activities form