Direct Observation of Practical Skills (DOPS) Checklist

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| **Procedure** | **Automated blood pressure** |

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| Steps | Comment |
| **H**ello – introduction/ consent**E**xposure/explain**L**ighting/ setup**P**osition – seated / comfortable |  |
| Confirms no contraindication to blood pressure recording on that side  |  |
| Ensure device is clean and working  |  |
| Arm at level of heart / resting on table |  |
| Ensures no restrictive clothing |  |
| Uses cuff size recommended by manufacturer |  |
| Ensures cuff is fully deflated before procedure  |  |
| Cuff correctly sited above elbow crease |  |
| Identifies brachial artery |  |
| Arrow / line indicator on brachial artery |  |
| Cuff just tight enough to admit 2 finger tips  |  |
| Let patient know they will feel the cuff tighten and this should not hurt |  |
| Press start and wait |  |
| Repeats after 2 mins especially if pulse irregular |  |
| Document systolic and diastolic pressures |  |