Direct Observation of Practical Skills (DOPS) Checklist

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

|  |  |
| --- | --- |
| 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 |  |