

Checklist: Measure and Record Apical Pulse

Measure and Record Apical Pulse	Able to Perform	Unable to Perform
1. Carry out initial procedure actions: <ul style="list-style-type: none"> – Knock before entering. – Introduce yourself. – Identify the resident according to facility policy. – Explain the procedure. – Provide privacy. – Perform hand hygiene. 	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: <ul style="list-style-type: none"> – Stethoscope with clean earpieces and diaphragm. – Watch or clock with a second hand. – Documentation sheet/electronic charting access. – Alcohol wipes if required by facility policy. 	<input type="checkbox"/>	<input type="checkbox"/>
3. Clean stethoscope earpieces and diaphragm according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
4. Position the resident comfortably: <ul style="list-style-type: none"> – Sitting or lying down. – Chest accessible while maintaining privacy. 	<input type="checkbox"/>	<input type="checkbox"/>
5. Allow the resident to rest quietly for several minutes if appropriate.	<input type="checkbox"/>	<input type="checkbox"/>
6. Perform hand hygiene if needed before contact.	<input type="checkbox"/>	<input type="checkbox"/>
7. Locate the apical pulse site: <ul style="list-style-type: none"> – Left side of chest. – At the fifth intercostal space. – Midclavicular line. 	<input type="checkbox"/>	<input type="checkbox"/>
8. Warm diaphragm of stethoscope if needed for resident comfort.	<input type="checkbox"/>	<input type="checkbox"/>
9. Place stethoscope earpieces correctly: <ul style="list-style-type: none"> – Earpieces angled forward toward the nose. 	<input type="checkbox"/>	<input type="checkbox"/>
10. Place the diaphragm of the stethoscope firmly over the apical pulse site.	<input type="checkbox"/>	<input type="checkbox"/>
11. Listen carefully for heart sounds: <ul style="list-style-type: none"> – “Lub-dub” sounds count as one heartbeat. 	<input type="checkbox"/>	<input type="checkbox"/>
12. Count apical pulse for one full minute: <ul style="list-style-type: none"> – Count rate. – Observe rhythm and strength if instructed by facility policy. 	<input type="checkbox"/>	<input type="checkbox"/>
13. Observe resident during procedure for: <ul style="list-style-type: none"> – Shortness of breath – Dizziness – Chest pain – Distress – Irregular heartbeat sensations. 	<input type="checkbox"/>	<input type="checkbox"/>
14. Remove the stethoscope.	<input type="checkbox"/>	<input type="checkbox"/>
15. Assist resident to a comfortable position.	<input type="checkbox"/>	<input type="checkbox"/>
16. Ensure resident safety and comfort: <ul style="list-style-type: none"> – Bed in lowest position if applicable. – Call light within reach. – Privacy maintained. 	<input type="checkbox"/>	<input type="checkbox"/>

17. Clean stethoscope according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
18. Perform hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
19. Record apical pulse promptly according to facility policy: <ul style="list-style-type: none">- Pulse rate.- Rhythm if required.- Time obtained.	<input type="checkbox"/>	<input type="checkbox"/>
20. Carry out ending procedure actions: <ul style="list-style-type: none">- Report abnormal findings promptly to the nurse, including:<ul style="list-style-type: none">- Pulse below or above facility parameters.- Irregular rhythm.- Weak or difficult-to-hear pulse.- Resident symptoms such as dizziness, chest pain, or shortness of breath.	<input type="checkbox"/>	<input type="checkbox"/>