

LESSON PLAN: 10

COURSE TITLE: MEDICATION TECHNICIAN

UNIT: III BODY SYSTEMS, DRUGS, AND OBSERVATIONS

PROCEDURE FOR COUNTING APICAL PULSE:

1. Wash your hands.
2. Assemble necessary equipment.
3. Identify and greet resident. Identify self.
4. Explain what you are going to do.
5. Provide privacy.
6. Resident should be in sitting/supine position.
7. Clean the earpieces and diaphragm of the stethoscope with alcohol wipes.
8. Raise the resident's gown to expose the nipple area of the left chest. Do not expose more of the chest than necessary.
9. Warm the diaphragm of the stethoscope with your hands before placing it on the chest.
10. Place the stethoscope earpieces in your ears.
11. Locate the apical pulse. The diaphragm should be placed just below the left nipple. Listen carefully.
12. Count the pulse for 1 full minute. Note if the pulse is regular or irregular. Record the pulse on a sheet of paper.
13. Cover the resident.
14. Remove the earpieces from your ears and clean them with alcohol wipes. Also clean the diaphragm with alcohol wipes.
15. Return stethoscope to its proper place.
16. Wash your hands.
17. Make the resident comfortable; place call signal within reach.
18. Record observations and report anything unusual to the charge nurse.