

Pulse assessment

1 Before watching

Which pulse sites do you know? Name at least two. What can a pulse tell a nurse?

2 Match the pulse sites

1 radial 2 carotid 3 apical 4 femoral 5 popliteal 6 dorsalis pedis

a in the groin

b on the top of the foot

c at the wrist on the thumb side

d behind the knee

e on the side of the neck

f over the apex of the heart on the left side of the chest

Answers: 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____

3 Watch and complete

Word bank: rhythm • tachycardia • strength • bradycardia • stethoscope

1 A nurse assesses pulse rate, _____ and _____.

2 In the video, an adult heart rate below 60 bpm is called _____.

3 An adult heart rate above 100 bpm is called _____.

4 The apical pulse is assessed by listening with a _____.

Now complete the range mentioned in the video: usual adult resting pulse = ____ – ____ bpm.

4 True or false

Write T or F. Correct each false statement orally.

1 ____ Both carotid arteries should be palpated at the same time.

2 ____ Heavy pressure should be applied when checking the carotid pulse.

3 ____ A weak, thready pulse and a full, bounding pulse describe pulse strength.

4 ____ A Doppler device can help detect a pulse that is difficult to palpate.

5 ____ Infants usually have a slower resting heart rate than adults.

5 Think and explain

1 What risk does the video mention when both carotid arteries are pressed at once?

2 What is the difference between palpation and auscultation?

3 Which pulse in the foot is checked behind the medial ankle bone?

6 Calculate and report

For this exercise, a regular radial pulse is counted for 30 seconds. Multiply by 2.

a 36 beats in 30 seconds = _____ bpm.

b 44 beats in 30 seconds = _____ bpm.

Use result a to complete the handover: "The patient's radial pulse is _____ beats per minute. The rhythm is regular."

7 Speak to a patient

Patient: "What are you checking at my wrist?"

Nurse: Explain in 3–4 sentences. Ask permission and ask the patient to relax their arm.

Useful phrases: "May I...?" • "I'm checking..." • "Please relax..." • "Thank you."

