

# Checking Vital Signs – Temperature, Pulse, Respiration, Blood Pressure (Using Mercural Thermometer And Mecurial Sphygmomanomenter)

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1. Explain the procedure to the patient and provides privacy
2. Prepare and send tray to patient's bedside
3. Make patient comfortable by lying or sitting up in bed
4. Rinse thermometer in cold water
5. Dry thermometer with cotton wool from bulb towards the stem
6. Shake thermometer until mercury falls below 35 degrees Celsius
7. Dry axilla with clean cotton wool and discard
8. Insert thermometer in the axilla between two folds of skin and leaves in position for 2-3 minutes
9. Whiles thermometer in the axilla, checks and records pulse and respiration
10. Remove thermometer and wipe from stem towards bulb
11. Read at eye level and record temperature, replace thermometer in a container
12. Stretch patient's arm and places sphygmomanometer beside arm at the same level
13. Wound cuff around arm above elbow
14. Inflates cuff and palpates radial artery and notes level of mercury at which pulse disappears
15. Wear and place stethoscope on brachial artery
16. Release pressure slowly and listen to sound with stethoscope
17. Remove cuff and reassemble apparatus
18. Thank and make patient comfortable in bed
19. Wash and dry hands
20. Record blood pressure reading on vital signs chart and nurses note.

## SIGNATORIES

Name of staff (MO/NO/CO/COI/MIDWIFE/ ETC)

Name: .....

sign.....

Date:

Department in charge

Name:.....

sign.....

Date: