

CPD Exemplar Cycle: Primary Care/Practice Pharmacist

Cycle name: Completing a manual Blood Pressure assessment

Scheduled

This learning activity is within my current scope of practice ✓

This learning activity is relevant to the safe and effective practice of pharmacy ✓

All criteria are essential and must be completed successfully for the cycle to meet the required standard.

Reflection

1. I identified the following specific learning need(s)... (500 word maximum)

I need to learn how to complete a manual Blood Pressure (BP) measurement.

Specifically, I need to learn:

- What equipment do I need to take a patient's BP manually?
- What are the steps involved in taking an accurate manual BP reading?
- How is the patient positioned for a manual BP assessment and what size of cuff should be used?

2. I wanted to learn about this because (give context for learning activity / activities)... (500 word maximum)

One of the General Practitioners (GPs) asked me to manually take three separate patient's blood pressure readings as the electronic BP monitor in the treatment room was not functioning correctly and was awaiting servicing. The three patients were booked in for BP check appointments the following day. It has been approximately one year since I have taken a manual BP on a patient and I wanted to ensure I could complete this task competently and confidently.

Planning

3. I plan/planned to complete the following learning activity/activities to meet the identified learning need(s). (Please describe the learning activity/activities and the planned completion date(s)).

I plan to complete/read and make notes on the following by 3/11/2024:

NICPLD IP Module 3 eLearning: Clinical skills - available from: <https://www.nicpld.org>

Roper, T.A. (Ed) (2014) 'Chapter 4: Cardiovascular System - Blood Pressure Measurement.' *Clinical Skills*, Oxford University Press, 2nd edition.

Action

4. In meeting the identified learning need(s), I completed the following learning activity/activities

Activity: Read and made notes on Roper, T.A. (Ed) (2014) 'Chapter 4: Cardiovascular System - Blood Pressure Measurement.' *Clinical Skills*, Oxford University Press, 2nd edition.

Hours: 0.5

Start date: 2/11/2024

End date: 2/11/2024

Evidence type: Notes/Handouts

Evidence: Self Study

Evidence upload (optional): Important points noted and stored in CPD folder and uploaded as evidence.

Activity: Completed and made notes on NICPLD IP Module 3 eLearning: Clinical Skills - available from.: <https://www.nicpld.org>

Hours: 1

Start date: 2/11/2024

End date: 2/11/2024

Evidence type: Certificate

Evidence: NICPLD

Evidence upload (optional): NICPLD Certificate uploaded as evidence.

Summary of what has been learned in relation to the identified learning need(s) (500 word maximum)

I have learnt that the following equipment is required to complete a manual BP assessment on a patient: sphygmomanometer, stethoscope, alcohol swabs to clean stethoscope diaphragm, alcohol hand sanitiser - or access to hand washing facilities (with hot water) gloves and PPE (optional), face mask and apron, depending on COVID/infection control policy at the time/point of assessment. To complete the Manual BP assessment the following steps should be followed:

1. Wash hands with hot water or use hand sanitiser and then clean equipment i.e. sphygmomanometer (including cuff, tubing and dial) and stethoscope (clean earpieces, tubing, diaphragm).
2. Introduce yourself to the patient, explain the procedure (advise there may be some discomfort when cuff is inflated) and obtain consent.
3. Ask the patient to be seated with his/her arm at heart level and be as still as possible for 5-10mins.
4. Make sure patient is not wearing any tight clothing which may constrict his/her arm and ask patient to remove shirt/top if necessary explaining reasons why.
5. Ensure the cuff size is correct for the patient. If it is too large, the BP reading can be underestimated.

6. Locate patient's brachial artery and apply the cuff proximal to the location of the brachial pulse and 2-3cm above the elbow crease.
7. Estimate systolic pressure by palpating the patient's radial pulse. Then inflate the cuff until you feel the point when the pulse disappears. The reading on the sphygmomanometer, at this moment equals the estimated systolic pressure.
8. Place stethoscope over brachial artery area and inflate by an extra 20-30mmHg above the estimated systolic pressure.
9. Slowly release the pressure in the cuff by using the valve on the sphygmomanometer at a rate of 2-3mmHg per second while simultaneously listening for the first Korotkoff sound (tapping sound which is the systolic reading) and the Korotkoff disappearing which is the diastolic reading.
10. Once the Korotkoff sounds can no longer be heard, open the valve to deflate the cuff fully.
11. Remove the cuff and clean your equipment (sphygmomanometer and stethoscope) with the alcohol wipes.
12. Thank the patient, ask to redress, if necessary, explain BP result/findings.
13. Document findings.
14. Wash hands or use hand sanitiser before moving to next patient.

Evaluation

5. Having met the specific learning need(s) identified, my practice has changed or will change as follows: (500 word maximum)

I have met all of my learning needs. As a result of my new learning, I was able to confidently and competently measure the blood pressure of the three patients booked in for BP checking appointments. I was able to select the correct cuff size for all three patients. The second patient (with a small body frame/build) required me to use a smaller sized cuff so as to avoid BP underestimation. When determining the systolic reading I was able to slowly release the pressure on the sphygmomanometer, at a rate of 2-3mmHg per second, while listening for the first Korotkoff sound to disappear, so as not to miss the exact point and to ensure the patients systolic reading was correctly measured and I also continued to listen with my stethoscope for the Korotkoff disappearing (diastolic reading). I ensured that I disinfected/cleaned the equipment before and after use and reported the BP result found to each of the patients. All three patients BP readings were within normal range. I recorded the results on the patients' records on EMIS and notified the GP that this had been done.

6. I confirm that the identified learning need(s) has/have been fully addressed in this CPD cycle:

Your selection of “direct” or “simulated/future” evaluation (tick boxes below) must reflect the application of your learning described in (5) above.

This CPD cycle has been directly evaluated within my current practice and environment (minimum of 75% of cycles submitted) ✓

Community

Pharmacy Prescriber

Primary Care / Practice ✓

Training

Hospital

Industry

Academia

Other

I have recently returned to practice (within the last 12 months): NO

I have changed my scope of practice within the last 12 months: NO