

## E-content Module Checking Report

**Center:** Krishna Institute of Medical Sciences, KVV DU, Karad

**Name of E-content Module:**

How to Measure the Blood Pressure with OSCE

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**Comments on Audio/Video (only freshly recorded videos):**

*This educational video is correct as per current knowledge of blood pressure measurement and most valuable for MBBS UG teaching.*

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**Comments on Quadrant 2:**

1. Academic Script/Text Material:

**Academic Transcript: How to Measure Blood Pressure as per OSCE**

*By Dr. Prashant Ghunkikar, Associate Professor, Department of Community Medicine, KIMS, KVV DU, Karad*

### Introduction and Patient Preparation

#### 1. Introduction:

- Begin by introducing yourself as the healthcare provider. For example:  
*"Hello, I am Dr. Prashant Ghunkikar, Associate Professor, and I will be measuring your blood pressure today."*

#### 2. Patient Identification and Explanation:

- Confirm the patient's name and date of birth.
- Briefly explain the procedure in simple terms:  
*"This involves inflating a cuff around your upper arm to measure the pressure in your blood vessels. It will take only a few minutes."*

#### 3. Gain Consent:

- Ask for consent:  
*"Is it okay if we proceed with the procedure?"*

#### 4. Patient Positioning:

- Ensure the patient is seated comfortably, with their arm resting at heart level.
- Ask if they have a preference for which arm to use or if there are any conditions affecting their arms.

#### 5. Exposure and Comfort:

- Ask the patient to roll up their sleeve for proper cuff placement.  
Confirm they feel no pain in the arm being used.

#### 6. Hygiene:

- Wash your hands or use hand sanitizer before starting the procedure.

### Attaching the Blood Pressure Cuff

1. **Cuff Selection:**
  - Ensure the cuff size is appropriate for the patient's arm.
  - Confirm the cuff is deflated and ready for use.
2. **Locate the Brachial Artery:**
  - Palpate for the brachial artery, medial to the biceps brachii tendon.
3. **Cuff Placement:**
  - Wrap the cuff snugly around the upper arm, aligning the cuff marker with the brachial artery.

### Measuring Blood Pressure

1. **Palpation of Radial Pulse:**
  - Locate the radial pulse on the wrist using your index and middle fingers.
2. **Estimate Systolic Pressure:**
  - Inflate the cuff until the radial pulse is no longer felt. Note the reading where this occurs as an estimate of systolic blood pressure.
3. **Deflate the Cuff:**
  - Open the valve to deflate the cuff completely.
4. **Stethoscope Placement:**
  - Place the stethoscope's diaphragm over the brachial artery.
5. **Final Measurement:**
  - Reinflate the cuff to 20-30 mmHg above the estimated systolic pressure.
  - Slowly deflate the cuff at a rate of 2-3 mmHg per second.
  - Listen for the **first Korotkoff sound** (systolic pressure) and the **fifth Korotkoff sound** (diastolic pressure).

### Completion of Procedure

1. **Remove the Cuff:**
  - Take off the cuff and reassure the patient.
2. **Explain Results:**
  - Discuss the blood pressure reading with the patient:  
*"Your blood pressure is ... mmHg. This is within/above/below the normal range. Based on this, we may need further evaluation or monitoring."*
3. **Hygiene:**

- Wash your hands or sanitize after completing the procedure.
- 4. **Documentation:**
  - Record the lowest blood pressure reading in the patient's notes.
- 5. **Thank the Patient:**
  - Conclude by thanking the patient for their cooperation:  
*"Thank you for your time. Let me know if you have any questions."*

**Key Notes:**

- Ensure patient comfort and avoid excessive cuff inflation to prevent discomfort.
- Maintain a professional and calm demeanor throughout.
- Follow infection control measures, including hand hygiene.

2. Additional Material (Specify): nil

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**Comments on Quadrant 3:**

Assignments/Questions & Answers/Discussion Forum Link:

[http://learning.kvv.edu.in/media/videos/Dr.\\_Prashant\\_Ghunkikar\\_pTeHdYO.mp4](http://learning.kvv.edu.in/media/videos/Dr._Prashant_Ghunkikar_pTeHdYO.mp4)

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**Comments on Quadrant 4:**

Quiz/MCQs/Match the Pair/Fill in the Blanks:

**1. What is the first step in the blood pressure measurement procedure as per OSCE guidelines?**

- A. Palpate the radial pulse
- B. Introduce yourself and confirm patient identity
- C. Select the correct cuff size
- D. Explain the results to the patient

**Answer:** B. Introduce yourself and confirm patient identity

**2. Where should the patient's arm be positioned during blood pressure measurement?**

- A. Below heart level
- B. Above heart level

- C. At heart level
- D. On their lap

**Answer:** C. At heart level

**3. What is the significance of identifying the first Korotkoff sound during blood pressure measurement?**

- A. It indicates the diastolic pressure
- B. It indicates the systolic pressure
- C. It is used to locate the brachial artery
- D. It is used to check the cuff placement

**Answer:** B. It indicates the systolic pressure

**4. How much should the cuff be inflated above the estimated systolic pressure?**

- A. 10-15 mmHg
- B. 15-20 mmHg
- C. 20-30 mmHg
- D. 30-40 mmHg


**Answer:** C. 20-30 mmHg

**5. What is the final step after completing the blood pressure measurement?**

- A. Remove the cuff and sanitize the equipment
- B. Thank the patient and wash your hands
- C. Discuss the results with the patient and document them
- D. Inflate the cuff again to confirm the reading

**Answer:** C. Discuss the results with the patient and document them

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**Name & Signature of**  
**Reviewer**  
**Professor & Head**  
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