Taking a blood pressure:

Specific skills-

Communication – active listening, verbal communication

Preparation – organization and critical thinking

Use of equipment – skills related to stethoscope and sphygmomanotmeter

Value interpretation- understanding meaning of high, low and normal values

Documentation – recording values and critical information for health team, legal documentation

Follow up- critical thinking, organization

Many see this as a simple task over time as the main concepts and crucial information are seamlessly integrated. This skill actually requires coordination of equipment, listening and identification of the blood pressure values in order for accuracy. Interpretation of the value requires further understanding of pathophysiology of the cardiac system and when to get assistance. Documentation is a critical skill that needs to be concise yet not miss any pertinent information for team communication and legalities. Based on the BP value, a follow up plan is devised requiring understanding of potential complications and medication regimes.