

BP measurement competency

- Auscultation using a manual blood pressure device
- Oscillometric measurement using an automated blood pressure device (semi-automated or fully automated)



Clinical care team members should be trained to measure blood pressure (BP) accurately and tested every 6-12 months to demonstrate competency in BP measurement skills.*

Using a blood pressure measurement competency can help team members understand the importance of accurate BP measurement and demonstrate that they can effectively perform BP measurement.

How to use competency form

- This competency form is for team members to demonstrate BP measurement skills while taking a single BP measurement using the methods and devices above
- Fill in name of team member and trainer
- Follow procedures step by step and determine if team member is following them correctly
- Based on the trainer's observation, place a check mark in either the column labeled "Meets competency" or "Needs more training"
- Use the following options to document the "Method of validation":
 - If the trainer showed the team member how to do the procedure, and the team member then demonstrated the procedure, write "RD" for return demonstration in a simulated patient setting
- OR
- If the trainer observed the team member performing the procedure while providing direct patient care, write "PC" for direct patient care observation
- Both the team member and trainer should sign and date the competency form
- Completed competency form may become part of team member's training file

*This clinical competency is not intended to be comprehensive. Additions and modifications to fit local practice needs are encouraged.

This resource is part of AMA MAP BP™, a quality improvement program. Using a single or subset of AMA MAP BP tools or resources does not constitute implementing this program. AMA MAP BP includes guidance from AMA hypertension experts and has been shown to improve BP control rates by 10 percentage points and sustain results.

Auscultation using a manual blood pressure device

Team member's name: _____

Trainer's name: _____

NOTE: Use of a double-headed stethoscope, simulation arm or similar method to assess competency in interpretation of Korotkoff sounds is recommended. If not available, this form may still be used but will be limited to demonstration of competency in BP preparation, positioning, communication, and documentation skills.

Procedure	Meets competency (check if "yes")	Needs further training (check if "yes")	Method of validation RD: return demonstration PC: direct patient care observation
Explain the procedure to patient			
Ensure patient has an empty bladder			
Have patient sit in a chair and rest for 3-5 minutes			
Determine appropriate cuff size for patient			
Position cuff correctly on patient's bare upper arm			
Ensure patient is properly positioned: <ul style="list-style-type: none"> • Feet flat on floor or supported on a firm surface • Legs uncrossed • Seated with back supported • Arm supported with middle of cuff at heart level • Arm relaxed with palm facing up • No talking during measurement 			
Palpate radial pulse			
Inflate cuff to the point where radial pulse is obliterated, then pump up an additional 20–30 mm Hg			
Deflate cuff at rate of 2 mm Hg per second			
Document systolic and diastolic blood pressure in medical record per office protocol			
Verbalize appropriate next steps (eg, need for additional measurements) per office protocol			

Comments: _____

Team member's signature: _____ Date: _____

Trainer's signature: _____ Date: _____

Oscillometric measurement using an automated device (semi-automated or fully automated)

Team member's name: _____

Trainer's name: _____

Procedure	Meets competency (check if "yes")	Needs more training (check if "yes")	Method of validation RD: return demonstration PC: direct patient care observation
Explain the procedure to patient			
Ensure patient has an empty bladder			
Have patient sit in a chair and rest for 3-5 minutes			
Determine appropriate cuff size for patient			
Position cuff correctly on patient's bare upper arm			
Ensure patient is properly positioned: <ul style="list-style-type: none"> • Feet flat on floor or supported on a firm surface • Legs uncrossed • Seated with back supported • Arm supported with middle of cuff at heart level • Arm relaxed with palm facing up • No talking during measurement 			
Press "start" button on machine <i>Note: for fully automated devices, set to single reading before pressing start</i>			
If an error reading occurs, start over			
Document systolic and diastolic blood pressure in medical record per office protocol			
Verbalize appropriate next steps (eg, need for additional measurements) per office protocol			

Comments: _____

Team member's signature: _____ Date: _____

Trainer's signature: _____ Date: _____

Confirmatory blood pressure measurement using automated office blood pressure (AOBP)

Team member's name: _____

Trainer's name: _____

Procedure	Meets competency (check if "yes")	Needs more training (check if "yes")	Method of validation RD: return demonstration PC: direct patient care observation
Explain the procedure to patient			
Re-evaluate need for patient to empty their bladder			
Ensure patient is properly positioned: <ul style="list-style-type: none"> • Seated with back supported • Feet flat on floor or firm surface • Cuff placed on bare upper arm • Arm supported with middle of cuff at heart level 			
Ask patient not to talk, use the phone, text or email during the procedure			
Press "start" button on machine <i>Note: ensure device is set to take 3 readings, 1 minute apart before pressing start</i>			
Leave the room and return when measurements are complete			
Review AOBP average, document in medical record, and notify provider per office protocol			

Comments: _____

Team member's signature: _____ Date: _____

Trainer's signature: _____ Date: _____

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Confirmatory blood pressure measurement using a semi-automated device with interval measurement capabilities (has ability to take multiple measurements at set intervals, but does not have averaging capabilities)

Team member's name: _____

Trainer's name: _____

Procedure	Meets competency (check if "yes")	Needs more training (check if "yes")	Method of validation RD: return demonstration PC: direct patient care observation
Explain the procedure to patient			
Re-evaluate need for patient to empty their bladder			
Have patient sit in a chair and rest for 3-5 minutes, if not done for initial measurement			
Ensure patient is properly positioned: <ul style="list-style-type: none"> • Seated with back supported • Feet flat on floor or firm surface • Cuff placed on bare upper arm • Arm supported with middle of cuff at heart level • Arm relaxed with palm facing up • No talking during measurement 			
Press "start" button on machine <i>Note: ensure device is set to take 3 readings, 1 minute apart before pressing start</i>			
Leave the room and return when measurements are complete			
Review and average the 3 confirmatory (repeat) measurements taken.			
Document in medical record and notify provider per office protocol			

Comments: _____

Team member's signature: _____ Date: _____

Trainer's signature: _____ Date: _____

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