Lab Ex. 45 Pulse Rate & Blood Pressure
Pulse palpation
The pressure felt as the blood in the artery surges through the point that has pressure applied.
Popliteal artery
Posterior tibial artery
Dorsalis pedis artery
Blood pressure
Sphygmomanometer
• High Pressure due to ventricular contraction
• Ex. 120 mmH
Diastolic pressure

- Low pressure due to ventricular relaxation
- Ex. 80 mmHg
The sounds heard through the stethoscope while taking blood pressure.

These are due to systolic pressure pushing blood past the cuff.
Auscultation

- The process of using the stethoscope to listen to each heart valve individually.
• A swooshing sound produced by the incomplete closing of a heart valve.
Cardiac cycle

• The pattern formed by the altering pattern of atrial and ventricular contractions and relaxations.
BP = CO X PR

- The formula to calculate Blood Pressure.
• Normal Blood Pressure
Effects of exercise

- Exercise increases Blood pressure.
Next: Lab Ex. 42 & 43 Cardiac Cycle