PULSE RATE & BLOOD PRESSURE
Pulse palpation
Pulse pressure

- The pressure felt as the blood in the artery surges through the point that has pressure applied.
Pulse Points: Common Carotid Artery
Pulse Points: Brachial Artery
Pulse Points: Radial Artery
Pulse Points: Femoral Artery
Pulse Points: Popliteal Artery
Pulse Points: Posterior Tibial Artery
Pulse Points: Dorsalis Pedis Artery
Blood pressure
Sphygmomanometer
Systolic pressure

- High Pressure due to ventricular contraction
- Ex. 120 mmHg
Diastolic pressure

- Low pressure due to ventricular relaxation
- Ex. 80 mmHg
Sounds of Korotkoff

- The sounds heard through the stethoscope while taking blood pressure.
- These are due to systolic pressure pushing blood past the cuff.
Stethoscope
Auscultation

- The process of using the stethoscope to listen to each heart valve individually.
Murmur

- A swooshing sound produced by the incomplete closing of a heart valve.
Cardiac cycle

- The rhythmic contraction (systole) and relaxation (diastole) of the chambers of the heart that corresponds to one heartbeat
Formula to calculate blood pressure

- **BP = CO x PR**
  - Blood pressure = cardiac output x peripheral resistance
  - Peripheral resistance is also known as vascular resistance
Normal Blood Pressure

- 120/80
Effects of exercise on BP

- Exercise increases blood pressure.
- Large groups of muscles need more oxygen, which causes the heart rate to increase raising blood pressure.