

Measurement of Pulse and Heart Rate

Experiment 20 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To perform and document measurement of pulse and heart rate.

Principle

A pulse reflects the pressure wave associated with cardiac contraction; rate and rhythm are separate observations.

Key Points

- A resting adult pulse is commonly assessed at the radial artery.
- Use fingertips, not the thumb.
- Count for a full minute when rhythm is irregular; follow the teaching protocol for other situations.

Activity Procedure

1. Prepare

Explain the activity, obtain agreement and check the equipment and suitable resting conditions.

2. Perform

Locate the radial pulse gently, count using a clock, assess rhythm and document any discrepancy with a separately supervised heart-rate measurement.

3. Record

Enter actual findings with units, method, time and any limitations.

4. Assess

Use the assigned teaching criteria and refer concerning symptoms for appropriate assessment.

Human Anatomy and Physiology

Record and Observations

Field	Actual record
Site / resting state	_____
Count / counting duration	_____
Rate, beats/min	_____
Rhythm / symptoms	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the device instructions and infection-prevention measures.
- Stop the teaching activity if the participant becomes unwell.

Viva Questions and Answers

1. Why avoid the thumb?

Its own pulse can confuse the examiner.

2. Why record units?

A number without units can be misunderstood.

3. Why repeat an unexpected measurement?

A repeat under valid conditions helps identify technique or device error; concerning symptoms still require prompt review.

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