**Pulses Skill Sheet**

**Performance Steps:**

1. Locate the radial pulse on the thumb side of the front of the wrist.
2. Palpate the radial pulse with the index and long finger over the artery.
3. Count the pulse for 15 seconds and multiply by 4 to get the pulse rate.

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| **Skill** |  |
| Locate the radial pulse on the thumb side of the front of the wrist. |  |
| Count the pulse for 15 seconds and multiply by 4.  |  |
| Report total pulse in rate, strength and rhythm (ex: 80, strong, regular) |  |
| Repeat for brachial pulse. |  |
| Repeat for popliteal pulse. |  |
| Repeat for dorsalis pedis pulse. |  |