Direct Observation of Practical Skills (DOPS) Checklist

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| **Procedure** | **Pulse and Respiratory Rate** |

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| Steps | Comment |
| **H**ello – introduction/ consent  **E**xposure/explain  **L**ighting/ setup  **P**osition – seated / arm rest on table |  |
| **PULSE** |  |
| Turn hand palm side up |  |
| Palpate wrist at radial side (thumb) |  |
| 2-3 fingers 2cm above wrist crease |  |
| Uses pads of fingers |  |
| Appropriate pressure to palpate but not occluded |  |
| Measures for 30 seconds (or multiple) |  |
| Notes rate as beats per minute (Do this by multiplying the beats recorded in 30s x 2) |  |
| Notes rhythm – regular or irregular |  |
| Documents rate and rhythm |  |
| **RESP RATE** | Top Tip – Don’t let patient know you are doing this (often change breathing rate), pretend you are still measuring pulse. |
| Counts breathing for 1 minute (1 breath = inspiration/expiration) |  |
| Notes breathing pattern |  |
| Documents respiratory rate |  |