**Checklist: «Half-orthostatic test»**

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| **№** | **Action of the accredited person** |
| 1. | Greet the patient |
| 2. | Introduce yourself, define your role |
| 3. | Ask the patient, checking with medical records |
| * surname |
| * name |
| * middle name |
| * age |
| 4. | Inquire about the patient's well-being, calling the patient by the name and middle name |
| 5. | Inform the patient about the upcoming test |
| 6. | Ensure that informed voluntary consent to conduct manipulation has been received |
| 7. | Make sure you have everything you need: |
| * antiseptic wipe |
| * tonometer (blood pressure machine) |
| * stethophonendoscope |
| * stopwatch |
| * class A waste container |
| * class B waste container |
| 8. | Wash your hands hygienically before starting manipulation |
|  | **Conducting a study - performing a half-orthostatic test** |
| 9. | Ask the patient to lie on his back in bed, keep the legs straight and arms along the body. |
| 10. | Remove clothing from the patient’s shoulder of the arm closest to you, put the tonometer (blood pressure machine) cuff on the shoulder 2 cm above the elbow bend |
| 11. | Ask the patient to remain calm for 5 minutes and not to talk |
|  | ***Assessment of the pulse on the radial artery at rest, in the supine position on the bed*** |
| 12. | Palpate the radial artery of the patient’s hand closest to you |
| 13. | Calculate the pulse rate on the radial artery |
|  | * holding at least three of your fingers in the area of the radial artery projection |
| * looking at the clock |
| * for 1 minute |
|  | ***Measurement of blood pressure at rest, in the supine position on the bed*** |
| 14. | Ask the patient not to talk |
| 15. | Place the membrane of the stethophonendoscope on the region of pulsation of the brachial artery of the patient’s arm, which is closer to you |
| 16. | Pump air into the cuff with an inflation bulb |
| 17. | Slowly release air from the cuff, looking at the arrow on the gauge of the tonometer (blood pressure machine) |
|  | ***Patient transition to half-orthostatic position*** |
| 18. | Ask the patient to turn from the supine position to the side position on the bed |
| 19. | Get feet out of the bed |
| 20. | Raise torso into a sitting position on the bed with legs down |
|  | ***Assessment of the pulse on the radial artery in a sitting position on the bed with legs down*** |
| 21. | Ask the patient not to talk |
| 22. | Palpate the radial artery of the arm, on which the pulse was measured at rest in the supine position on the bed |
| 23. | Calculate the pulse rate on the radial artery |
| 24. | * holding at least three of your fingers in the area of the radial artery projection |
| 25. | * looking at the clock |
| 26. | * carry out three measurements of the pulse rate on the radial artery in 10-second intervals of the first 30 seconds, choose the largest of the measured values, then multiply by 6 to obtain a value of 1 minute |
|  | ***Measurement of blood pressure in a sitting position on the bed with legs down*** |
| 27. | Ask the patient not to talk |
| 28. | Place the membrane of the stethophonendoscope in the pulsation area of the brachial artery of the arm, on which the pulse was measured at rest, in the supine position on the bed |
| 29. | Pump air into the cuff with an inflation bulb |
| 30. | Slowly release air from the cuff, following the arrow on the gauge of the tonometer (blood pressure machine) |
|  | **Conclusion** |
| 31. | Inform the patient that you have completed the study |
|  | prepare a written conclusion on the results of the study |
| 32. | Open the package of antiseptic wipes |
| 33. | Dispose of the packaging of antiseptic wipes in a fixed Class A waste bag. |
| 34. | Clean the chest-piece of the stethophonendoscope and its earpieces with an antiseptic wipe |
| 35. | Dispose of antiseptic wipes in a fixed Class B waste bag |
| 36. | Wash hands hygienically after the manipulation |
| 37. | Evaluate the results of the half-orthostatic test |
| 38. | The results of the study are presented in the proposed form of conclusion |
| 39. | Inform the patient about the progress of the study |