

CERTIFIED MEDICAL ASSISTANT PROGRAM

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Community
College



PROGRAM FACTS

- AUGUST 2012- 1ST GRADUATING CLASS OF 6 STUDENTS
- AUGUST 2022- 11TH GRADUATING CLASS
- AUGUST 2012 THROUGH AUGUST 2022
 - 350 STUDENTS
- 2022 1ST YEAR COHORT- 25 STUDENTS AND 17 STUDENTS IN OUR 2ND YEAR COHORT
- ADVANCEMENT
 - NURSING, HEALTH CARE MANAGEMENT, AND BACHELORS AND MASTERS DEGREES IN VARIOUS DISCIPLINES

PROGRAM FACTS

- JOB PLACEMENTS
 - RESEARCH
 - OSHA OFFICER
 - FAMILY MEDICINE
 - PEDIATRICS
 - DERMATOLOGY
 - OB/GYN

The background is a light gray gradient with several realistic water droplets of various sizes scattered across it. A faint, concentric circular pattern is visible in the upper center of the image.

BLOOD PRESSURE ASSESSMENT

BY ALYSSA VAN VLEET

IMPORTANCE OF ASSESSMENT

- BLOOD PRESSURE IS THE FORCE AT WHICH BLOOD IS PUMPED THROUGH THE ARTERIAL WALLS.
- SYSTOLIC AND DIASTOLIC PRESSURE CAN HELP DETERMINE
 - EFFECTIVENESS OF HEART CONTRACTIONS
 - AMOUNT OF BLOOD FORCED FROM THE HEART DURING CONTRACTIONS AND DURING REST

DIFFERENT FACTORS AFFECTING READINGS

- FACTORS THAT AFFECT BLOOD PRESSURE READINGS
 - AGE
 - GENDER
 - TIME OF DAY
 - STRESS/EMOTIONS
 - EXERCISE
 - BLOOD VOLUME CHANGES
 - SIZE OF BLOOD PRESSURE CUFF
 - DIET

BLOOD PRESSURE NUMBERS

- NORMAL
 - $< 120/80$ MM HG
- HYPERTENSION
 - $> 140/90$ MM HG ON TWO SEPARATE OCCASIONS
- HYPOTENSION
 - LOW BLOOD PRESSURE
 - OFTEN CONSIDERED $<90/60$ MM HG
 - DETERMINED BY PREVIOUS READINGS, PATIENT ASSESSMENT

BLOOD PRESSURE MANOMETER



CORRECT PATIENT POSITION AND PLACEMENT

- FEET SHOULD BE FLAT ON THE FLOOR, DECREASING THE RISK FOR VASCULAR COMPRESSION
- ARM SHOULD BE POSITIONED AT HEART LEVEL
- PATIENT SHOULD BE QUIETLY SEATED
- CUFF SHOULD BE POSITIONED SLIGHTLY ABOVE THE BRACHIAL ARTERY
- PALPATE THE BRACHIAL BEFORE PLACING THE BELL OF THE STETHOSCOPE OVER THE PALPATED ARTERY

KOROTKOFF SOUNDS

- THE SYSTOLIC NUMBER IS RECORDED AS THE FIRST STEADY HEARTBEAT SOUNDS HEARD.
- THE DIASTOLIC NUMBER IS RECORDED WHEN THE STEADY SOUND DISAPPEARS.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MMTXCCJFG-C](https://www.youtube.com/watch?v=MMTXCCJFG-C)

PRACTICE BEFORE THE PRACTICE

- THROUGH A GRANT, THE CMA PROGRAM WAS ABLE TO OBTAIN A BLOOD PRESSURE ASSESSMENT ARM.
- ADVANTAGES
 - ADJUST VOLUME OF THE KOROTKOFF SOUNDS
 - SPEED AND FORCE OF BOTH THE RADIAL AND BRACHIAL PULSE
 - RANGE OF THE BLOOD PRESSURE READINGS

QUIZ TIME!

- [KAHOOT.COM](https://kahoot.com)
- PIN: 605 6549

WORKS CITED

- BLESİ, MICHELLE. *MEDICAL ASSISTING ADMINISTRATIVE & CLINICAL COMPETENCIES* . 8TH ED., CENGAGE, 2020.
- SMITH, LIZ. "NEW AHA RECOMMENDATIONS FOR BLOOD PRESSURE MEASUREMENT." *AMERICAN FAMILY PHYSICIAN*, 1 OCT. 2005, [HTTPS://WWW.AAFP.ORG/AFP/2005/1001/P1391.HTML](https://www.aafp.org/afp/2005/1001/p1391.html).