

Equipment

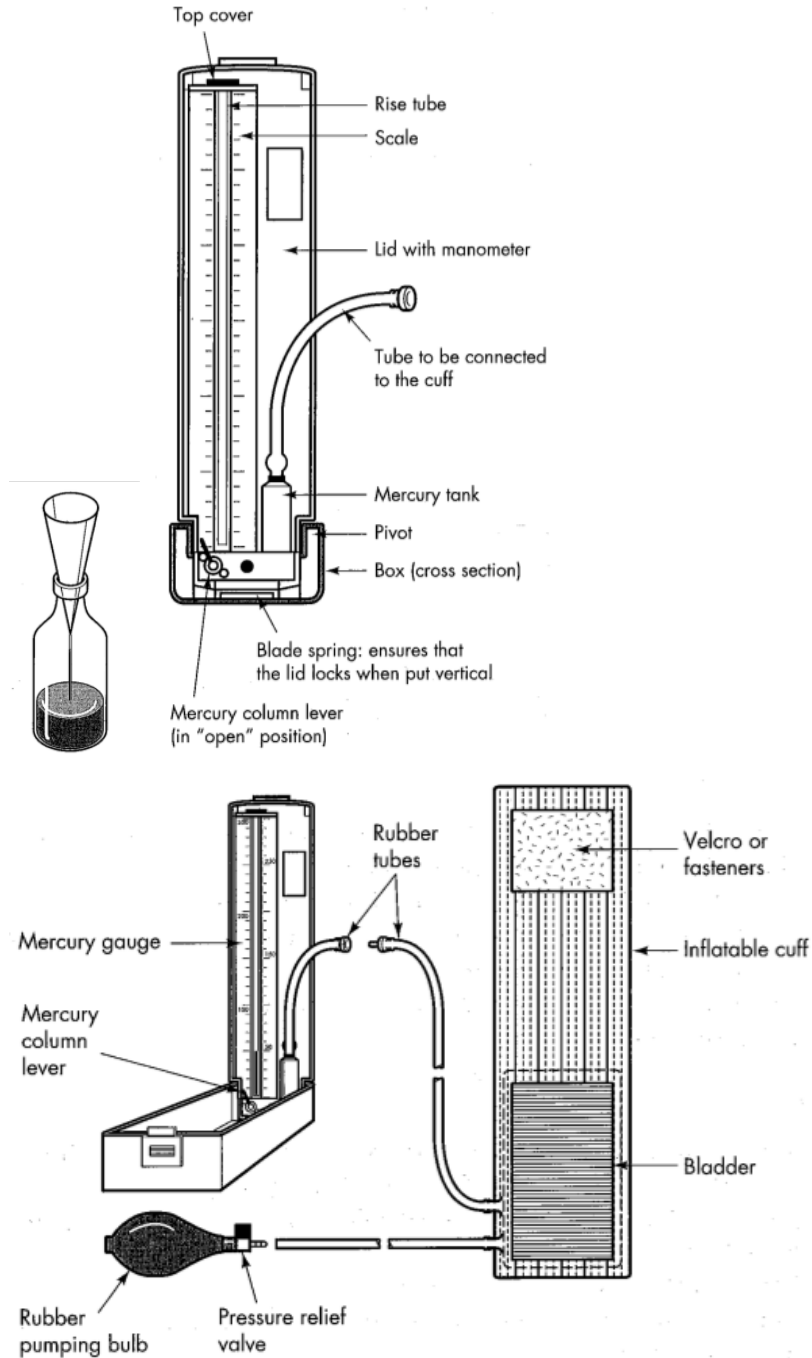
Blood Pressure Monitor

Preventative Maintenance

How To: Disassemble a Mercury Manometer

- Remove the cuff and tubing from the mercury apparatus
- Open the mercury column lever, and tilt the apparatus back to allow any mercury in the column to run into the reservoir
- Remove the tank cover (usually using a screwdriver)
- Remove all mercury from the tank using a syringe
- Pour mercury into a clearly labeled container, following proper protocol
- Remove cover over the rise tube (usually using a screwdriver)
- Take out the rise tube ***How To: Clean Mercury***

- Roll a sheet of paper into a funnel
- The pointed end should have a tiny hole
- Put the funnel in a bottle
- Pour the mercury into the funnel and let pass through



How To: Take Blood Pressure

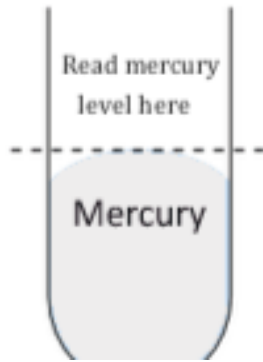
1. Prepare the patient.
 - Sitting down
 - Arm unobstructed
 - Ask about blood pressure history
2. Wrap the cuff around the upper arm with leads facing the brachial artery.

Should be about level with the heart. Be sure that it is the proper cuff size for the patient's arm.

3. Put on stethoscope. Listen to the brachial artery very close to the cuff.
4. Ensure that the knob is turned completely clockwise.
5. Pump the cuff to a high pressure (for adults: 160-180 mmHg, for children: 140 mmHg)
6. Carefully turn the knob counterclockwise to release the pressure in the cuff at a slow rate.
7. Look at the pressure on the dial while listening to the heartbeat through the stethoscope.
8. Obtain and record the blood pressure.
 - Systolic: the pressure at which you start to hear the heart beat
 - Diastolic: the pressure at which you stop hearing the heart beat

Examples of ranges for healthy blood pressures:

Age	BP (Systolic/ Diastolic)
Child, <6 months	90-105/70
Child, 6 months to 7 years	105-117/70
Adult	120/80



How To: Mercury-Handling Protocol

- When exposed to air, mercury vaporizes and is extremely poisonous
- Always handle mercury while wearing rubber gloves
- Work with mercury outside or in a well-ventilated area
- Recover mercury with a large syringe
- When storing mercury, add some water to prevent evaporation
- Always have an airtight cover on a mercury container
- Wash skin thoroughly if it comes into contact with mercury