

DRAFT

Standard Operating Procedure for Taking Vital Signs

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Principle:

When we test the donor's vital signs and show that they are normal/near-normal, we have established a greater likelihood that he is sufficiently healthy to donate blood successfully (i.e., without hurting himself or the patient who receives his blood). This SOP describes the means by which selected vital signs (e.g., temperature, pulse, and blood pressure) are taken during the assessment of the donor's eligibility status.

Materials:

1. *Donor Medical Review* form
2. Oral thermometer
3. Watch with second hand
4. Stethoscope
5. Blood pressure cuff

Procedure:

1. Temperature
 - a. Place an oral thermometer (that has been disinfected in isopropyl alcohol, covered with a "barrier" wrap, and then shaken so as to prevent a falsely elevated reading) under the donor's tongue for a minimum of 120 seconds.
 - b. Remove and then read thermometer.
 - c. Note temperature reading on first page of *Donor Medical Review* form
 - d. *Acceptable* = $\leq 99.5^{\circ}$ F or $\leq 37.5^{\circ}$ C (i.e., a temperature of 99.6° F or 37.6° C is unacceptable)

Important Note: When using a glass thermometer, DO NOT LEAVE IT IN DONOR'S MOUTH DURING FINGERSTICK PROCEDURE!

2. Pulse
 - a. Place the fingertips of your index, middle, and ring fingers against the radial artery running through the donor's wrist, making certain that you can easily feel the pulse

- b. With the assistance of a watch with a second hand, count the number of beats that occur over a 30 second period. Multiply this times two (x 2) to determine the approximate number of beats per minute
 - c. If any skipped beats are appreciated, feel pulse for an additional 60 seconds and count the number of skipped beats that occur over this duration.
 - d. Note pulse rate (and rhythm, if appropriate) on first page of *Donor Medical Review* form
 - e. *Acceptable* = ≤ 100 or ≥ 50 /minute (e.g., a pulse of 101/minute is unacceptable)
3. Blood Pressure
- a. Using a stethoscope and blood pressure cuff positioned over the donor's brachial artery, take his/her blood pressure
 - b. Note blood pressure on first page of *Donor Medical Review* form
 - c. *Acceptable* = ≤ 180 mm Hg (systolic) and ≤ 100 mm Hg (diastolic)

Reference:

AABB *Technical Manual*, 12th ed., pp 77-78