

Bower

## **PULSE POINTS**

**Temporal**—This pulse is ideal in elderly patients for vision loss or headache assessments. It is located in front of the ear toward the temple.

**Carotid**—A pulse from the carotids can be felt on either side of the front of the neck just below the angle of the jaw. This is ideal for evaluating the status of the heart, which is typically checked during CPR.

**Apical**—This pulse is located above the apex of your heart, at the fifth intercostal space of the left midclavicular. It is ideal for assessing the heart's rate and rhythm.

**Brachial**—The brachial pulse can be located in the bicep tendon area. It is used to check blood pressure during routine blood pressure screenings and is also a more common area to check on infants.

**Radial**—This pulse point is taken on your wrist. It is the radial artery between your wrist bone and the tendon on the thumb side of your wrist. This is the preferred pulse point as it is the easiest to count the number of times a heart beats in one minute.

**Ulnar** - The ulnar artery is on the pinky side of your wrist. It is another way to check the number of heartbeats, but the radial artery is more common.

**Femoral**—This is located in the inner thigh. The femoral pulse may be the most sensitive in septic shock assessment and is routinely checked during resuscitation.

**Popliteal**—This pulse point is located behind your knee. It is used to check how well blood is flowing to the lower legs.

**Posterior tibial** -is located in the anterior ankle joint and can be easily palpable. It is often checked when assessing the patient for peripheral vascular disease.

**Dorsalis pedis**—this pulse is on top of the foot. It is generally checked before and after a splint is placed on a fracture or after a hemorrhagic wound is banded.