

## **Temporal**

As a RN, I would choose temporal site to examine and assess head trauma, this pulse site can help in determining blood flow to the brain.

## **Carotid**

Carotid is a good site for pulse assessment in emergency situations, such as finding an individual on the ground suffering a medical emergency. As taught in BLS class, the carotid is used to determine whether an individual would need CPR.

## **Apical**

As a RN, the apical pulse site is used to determine accuracy on an individual's pulse in assessments. It is a great site to use if a patient has an irregular heart rate or other heart conditions that could weaken peripheral pulse sites.

## **Brachial**

As a RN, the Brachial site is a preferred pulse site to assessing an infant's heart rate during emergencies (as also taught in BLS classes).

## **Radial**

The radial pulse is the most common area to determine pulse, as it is easiest to access and the quickest on a patient, especially on assessing vital signs.

## **Ulnar**

The Ulnar is a pulse site to assess hand circulation, and to rule out peripheral arterial disease.

## **Femoral**

The femoral artery is a major blood vessel, as a RN I would assess this site to determine how adequate the heart is pumping blood to lower extremities or identify any obstructions.

## **Popliteal**

The popliteal is another site that is used to assess circulation to the legs/feet. RN's use it to help determine absent or diminished pulses for adequate blood flow. Using the popliteal is a way to assess where a blockage has occurred, for example, if a patient has absent dorsalis pedis pulse but has a femoral pulse. Checking the popliteal can help to determine the location of obstruction.

## **Posterial tibia**

During a physical assessment, as a RN, it is good to choose the Posterial Tibia as a pulse site to determine foot circulation. This is especially good in patients with any

leg wounds to determine blood flow. (For a personal example, I was helping a RN during admission to a patient with an extreme lower leg wound who was noncompliant in taking care of it. The RN had to assess the patient's posterior tibia and dorsalis pedis pulses in determining circulation to the foot.)

### **Dorsalis pedis**

Dorsalis pedis is a good pulse location for a physical assessment used to determine peripheral blood flow. It is good to physically assess to determine if the feet/toes have any impairment in circulation.