

Finding your pulse workbook

Your name:
Your instructor:

Date:

Introduction

Welcome to this short session all about pulses in the body. You will be working in pairs to locate pulses and your instructors will help

Today we aim to explore where pulses are & how to detect them.

By the end of today you will be able to:

- Identify different pulse sites in the body
- Determine how to find pulses
- Recognise some of the difficulties in finding a pulse
- Use Doppler ultrasound to locate a pulse

Task 1 - What is a pulse?

Task 2 - What creates a pulse?

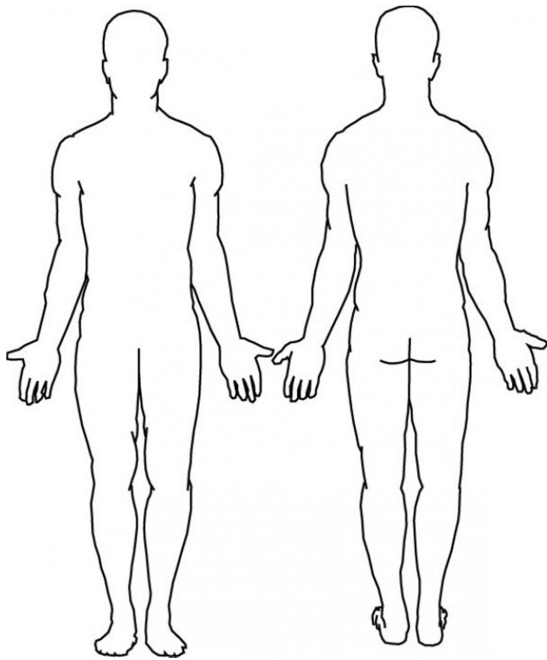
What are the key differences between arteries & veins? – Use the table below to list these.

Arteries	Veins

Task 3

Which pulses do you know about already? Note these down here:

Task 3 cont: - were there pulses you didn't already know?
If so, mark these on the below diagram



Task 4

When trying to find a pulse, note down what makes this difficult:

Doppler Ultrasound

Task 5 - Watch & listen to the instructor as they use the Doppler to find a pulse – describe what you hear

Task 6 - Now try for yourself, your instructor will guide you

Task 7 - What do you think these sounds represent?