

The pulse is the rhythm and rate that your heart is beating.

You will need a watch or clock with a second hand, and a paper and pen or pencil to write down the result.



- Apply gentle pressure over the radial artery until you feel a throbbing sensation; that is your pulse
- Continue to feel the pulse and watch the second hand on the clock. Begin to count the number of times that you feel the pulse for a 30 second period. Notice if the pulse beats irregularly.
- Write down the number of times that you felt the pulse beat during the 30 seconds you were counting
- Double that number and you have your one-minute pulse rate
- Write down your one-minute pulse rate on the Hemodialysis Treatment Sheet

Note: If you notice skipped beats, or a very high rate (more than 100) or very low rate (less than 60), you need to check the rate for a full minute. Tell the home training nurse if your pulse rate required a full one-minute assessment. Note an irregular heart rate by writing "Irreg" beside the rate.

Important: This card is for informational purposes only and is not intended to be medical advice. Questions regarding treatment should be directed to your physician or qualified health care provider.



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