



**Australian Government**

# **SIRCHCS003 Test blood pressure and advise on self-monitoring**

**Release: 1**

# **SIRCHCS003 Test blood pressure and advise on self-monitoring**

## **Modification History**

Not applicable.

## **Application**

This unit describes the performance outcomes, skills and knowledge required to test blood pressure, record readings, recommend appropriate home blood pressure testing equipment and assist customers with blood pressure management information. It requires the ability to identify and act on triggers for referral to a pharmacist for therapeutic advice. The blood pressure testing instrument may be a mercury (aneroid) blood pressure monitor or an electronic digital blood pressure monitor.

This unit applies to pharmacy assistants working in community pharmacies. They work with some independence, under general supervision and guidance from others, but ultimately under the supervising pharmacist.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

## **Pre-requisite Unit**

Nil

## **Competency Field**

Health Care Support

## **Unit Sector**

Community Pharmacy

## **Elements and Performance Criteria**

### **ELEMENTS**

Elements describe the essential outcomes.

1. Identify customer needs.

### **PERFORMANCE CRITERIA**

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Follow organisational procedures to respect and protect customer privacy.
- 1.2. Question and actively listen to confirm customer needs.
- 1.3. Explain features of initial and repeat blood pressure testing services.
- 1.4. Identify and act on triggers for referral to pharmacist.

2. Test blood pressure.
  - 2.1. Follow organisational procedures for testing blood pressure.
  - 2.2. Explain limitations of single test as accurate indicator and suggest regular monitoring.
  - 2.3. Select quiet and comfortable area and allow customer to relax before testing.
  - 2.4. Select blood pressure testing instrument and appropriate cuff size and clearly explain testing procedure to customer.
  - 2.5. Apply cuff and use testing instrument according to manufacturer instructions to test pulse, systolic blood pressure and diastolic blood pressure.
  - 2.6. Repeat procedure to check accuracy.
  - 2.7. Read test results, enter accurate and complete information on testing record and refer to pharmacist for verification.
  - 2.8. Provide confirmed record to customer and file copy.
3. Support use of home blood pressure testing equipment.
  - 3.1. Follow organisational procedures for supplying home blood pressure testing equipment.
  - 3.2. Identify and recommend equipment appropriate to customer needs and clearly explain its features.
  - 3.3. Demonstrate use, care and maintenance of digital home blood pressure testing equipment and confirm customer understanding.
  - 3.4. Assist customer to identify self-testing strategies to achieve accurate readings.
  - 3.5. Show customer how to keep a blood pressure record.
4. Provide information and advice on blood pressure management.
  - 4.1. Encourage customer to take and record regular blood pressure readings and report to their doctor.
  - 4.2. Advise customer to calibrate home testing equipment against doctor's equipment reading every six months.
  - 4.3. Source, review and provide customers with information on lifestyle, self-care practices and availability of specialist services that support blood pressure management.

## Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

Numeracy skills to:

- work with numerical concepts about blood pressure levels and calibration requirements for home blood pressure testing equipment.

Technology

- use online information systems to search for information.

skills to:

## Unit Mapping Information

No equivalent unit.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ca051b1b-5101-4ec2-ac1c-49699303188d>