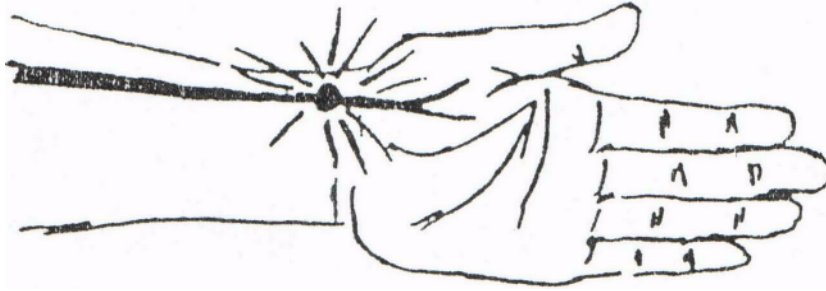


Taking Your Pulse



Every time your heart beats, it pumps blood through your blood vessels. The force of this blood as it is pushed through the blood vessels is called your pulse. Your pulse can be felt in many places. One place is on your wrist below the base of your thumb. This wrist pulse is your radial pulse. Place your fingertips (not your thumb) over your pulse. You may have to press down a bit to feel the pulse. You may also have to move your fingers up or down on the wrist a little until you feel the pulse. If your pulse beats evenly, like a clock, the pulse is regular. If it speeds up and down a lot or seems to skip beats, it is irregular.

Your pulse should be regular. To count your pulse you need a clock or watch with a second hand. Count the number of beats you feel against your fingertips in 15 seconds and multiply that number by 4. This will be your heart rate for one minute. Normally, a heart rate is between 60 and 100 beats per minute. If your pulse is irregular, you need to count your pulse for one full minute.

Pulse Rates for 15 Second Count				
9 = 36	15 = 60	21 = 84	27 = 108	33 = 132
10 = 40	16 = 64	22 = 88	28 = 112	34 = 136
11 = 44	17 = 68	23 = 92	29 = 116	35 = 140
12 = 48	18 = 72	24 = 96	30 = 120	36 = 144
13 = 52	19 = 76	25 = 100	31 = 124	37 = 148
14 = 56	20 = 80	26 = 104	32 = 128	38 = 152

East Jefferson General Hospital
 Cardiac Rehab Department
 (504) 503-4145