

# Quick Reference Guide

## Midmark Digital Vital Signs Device

- 01 Start** the Midmark Digital Vital Signs Device by pressing the grey On/Off button on the front of the device.
- 02** Properly **position** the patient. **Apply** the correct size blood pressure cuff to the patient's arm.  
*Please refer to the Procedural Hints on the back side of this guide for more information.*
- 03 Press** the appropriate blood pressure inflation rate button to start a blood pressure measurement.
- 04 Attach** the SpO<sub>2</sub> sensor to the patient.  
(Test will begin automatically.)  
*Do not apply the SpO<sub>2</sub> sensor to same arm as the blood pressure cuff.*
- 05 Attach** a probe cover to the temperature probe and insert it into the patient's mouth. (Test will begin automatically.)
- 06** If a digital scale is connected, **position** the patient on the scale for automatic capture of weight data.
- 07** Manually enter weight (unless captured digitally), height and respiration rate by pressing the respective buttons on the main testing screen. (BMI will be calculated when both weight and height data are entered.)
- 08 Select** the appropriate pain score by pressing the corresponding number on the screen and **press** Save.
- 09 Enter** patient ID number and **press** Save. **Press** Close to return to the main testing screen.



# Procedural Hints

## Blood Pressure<sup>1</sup>

- Patient should be seated quietly with both feet flat on the floor and back supported.
- Patient should rest for 2-3 minutes prior to the reading.
- Cuff should be the proper size for the patient and not placed over clothing.
- Cuff should be positioned 1" above the elbow.
- Clinician and patient should not talk during BP measurement.
- Patient's arm should be supported with cuff at heart level. Patient's arm should be relaxed and kept still during the measurement.

## SpO<sub>2</sub>

- Choose the proper sized SpO<sub>2</sub> sensor and apply to the patient's digit.
- Preferred digit is the index finger.
- When properly placed, the sensor cable should extend along the top of the patient's hand.
- Do not apply the sensor to the same arm as the blood pressure cuff.

## Temperature

- Place the probe with attached probe cover in the sublingual pocket at the back side of the mouth.
- Hold the probe in place during the procedure.
- Keep the probe in contact with mouth tissue during the measurement.
- Do not allow the patient to hold or reposition the probe.

## Source

<sup>1</sup> <https://targetbp.org/wp-content/uploads/2017/02/Measuring-blood-pressure-new.pdf>