

# Heart Rate Practice



*Goal: Become proficient at accurately measuring heart rate*

*Note: Heart rate is measured in beats per minute (bpm)*

## **Materials**

- A clock with a second hand or your phone
- Your pet (optional)
- Pen & Paper (optional)
- Calculator (optional)

## **Method 1: With A Pet**

- Have your pet sit or lay down
- Palpate the femoral artery
  - Position your pointer finger and your middle finger together like finger-guns
  - Place your two fingers on the inner thigh of your pet, where the leg meets the abdomen (inner hip area)
  - Apply gentle pressure and feel around for a heartbeat
    - Sometimes it's deeper into the body, sometimes it's superficial
    - If you feel it, then congrats! You found the femoral artery!
- Using your clock or phone, count the number of heartbeats for 15 seconds
- Multiply the number you counted by 4
  - $15 \text{ sec} \times 4 = 60 \text{ sec} = 1 \text{ min}$
- Record the heart rate

## **Method 2: Without a Pet**

- Position your pointer finger and your middle finger together like finger-guns

- Find an artery
  - Place fingers in between your jaw and neck
  - Place your fingers on your wrist
  - Place your hand on your chest over your heart
- Apply gentle pressure
- Using your clock or phone, count the number of heartbeats for 15 seconds
- Multiply the number you counted by 4
  - $15 \text{ sec} \times 4 = 60 \text{ sec} = 1 \text{ min}$
- Record the heart rate

### **Video Tutorial**

[Basic Dog Exam: Temperature, Pulse and Respiration](#)

[How to take your dog's pulse | First Aid for Pets](#)