

Vital Signs

Vital signs, generally described as the measurement of temperature, pulse, respirations and blood pressure, give an immediate picture of a person's current state of health and well-being. Normal and abnormal ranges with management guidelines follow for children and adults.

Equipment Needed

1. Stethoscope
2. Blood Pressure Cuff
3. Watch Displaying Seconds
4. Thermometer

General Considerations

1. The patient should **not** have had alcohol, tobacco, caffeine, or performed vigorous exercise within 30 minutes of the exam.
2. Ideally the patient should be sitting with feet on the floor and their back supported. The examination room should be quiet and the patient comfortable.
3. History of hypertension, slow or rapid pulse, and current medications should always be obtained.

A. Temperature

1. Temperature can be measured in several different ways:
 - a) **Oral** with a glass, paper, or electronic thermometer (normal 98.6F/37C)
 - b) **Axillary** with a glass or electronic thermometer (normal 97.6F/36.5C)
 - c) **Rectal** or "core" with a glass or electronic thermometer (normal 99.6F/37.7C)
 - d) **Aural** (the ear) with an electronic thermometer (normal 99.6F/37.7C)
2. Of these, axillary is the least and rectal is the most accurate.
3. **Use back of hand (dorsal aspect) to assess skin temperature**

B. Respiration

1. Best done immediately after taking the patient's pulse. Do not announce that you are measuring respirations.
2. Without letting go of the patient's wrist begin to observe the patient's breathing. Is it normal or labored?
3. Count breaths for 15 seconds and multiply this number by 4 to yield the breaths per minute.
4. In adults, normal resting respiratory rate is between 14-20 breaths/minute.
5. Rapid respiration is called tachypnea.

C. Pulse – see also Cardiovascular Exam

1. Sit or stand facing your patient.
2. Grasp the patient's wrist with your free (non-watch bearing) hand (patient's right with your right or patient's left with your left). There is no reason for the patient's arm to be in an awkward position, just imagine you're shaking hands.
3. Compress the radial artery with your index and middle fingers.
4. **Count the pulse for 15 seconds and multiply by 4.**
5. **Always count for a full minute if the pulse is irregular.**
6. **Record the rate and rhythm**

Note whether the pulse is regular or irregular:

Regular - evenly spaced beats, may vary slightly with respiration

Regularly Irregular - regular pattern overall with "skipped" beats

Irregularly Irregular - chaotic, no real pattern, very difficult to measure rate accurately

Nln Health Physical Assessment Study Guide

Lingsheng Yao



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Manual of Simulation in Healthcare Richard H. Riley, 2008 Medical simulation is a relatively new science that is achieving respectability among healthcare educators worldwide Simulation and skills centres have become established to integrate simulation into mainstream education in all medical nursing and paramedical fields Borrowing from the experience and methodologies of industries that are using simulation medical educators are grappling with the problem of rapidly acquiring the skills and techniques required to implement simulation programmes into established curricula This book assists both novice and experienced workers in the field to learn from established practitioners in medical simulation Simulation has been used to enhance the educational experience in a diverse range of fields therefore a wide variety of disciplines are represented The book begins with a section on the logistics of establishing a simulation and skills centre and the inherent problems with funding equipment staffing and course development and promotion Section two deals with simulators and related training devices that are required to equip a stand alone or institution based centre The features strengths and weaknesses of training devices are presented to help the reader find the appropriate simulator to fulfil their training requirements There is a guide to producing scenarios and medical props that can enhance the training experience The third section covers adult education and it reviews the steps required to develop courses that comply with best practice in medical education Teaching skills facilitating problem based learning groups and debriefing techniques are especially important to multidisciplinary skills centres that find themselves becoming a centre for medical education The manual concludes with guides for the major specialties that use simulation including military paediatrics CPR and medical response teams obstetrics and anaesthesia

Pathophysiology, Physical Assessment, and Pharmacology Janie T. Best, Grace Buttriss, Annette Hines, 2021-11-04 Integrate the 3Ps for a real world holistic approach to nursing care This first of its kind text integrates the 3 Ps pathophysiology pharmacology and physical assessment into an integrative whole that reflects the real world of how students learn and nurses practice This groundbreaking approach promotes a deeper understanding of these three essential and often challenging content areas paralleling the importance of integration in the planning delivery and evaluation of nursing care Its lifespan approach features six major population based sections cover the key conditions and disorders that nurses are likely to encounter in practice reviewing the important pathophysiology pharmacology and physical exam and assessment information relative to each disorder Each section concludes with a case study that presents a new disorder relative to the population in that section reinforcing the authors application focused approach and developing must have critical thinking skills

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You CAN Teach Med-Surg Nursing! Mary A. Miller, Deborah C. Wirwicz, 2014-07-29 Print CourseSmart

Foundations of Clinical Nurse Specialist Practice, Second Edition Janet S. Fulton, Brenda L. Lyon, Kelly A. Goudreau, 2014-04-17 2014 AJN Book of the Year Award Winner in Advanced Practice Nursing First Place Designated a Doody s Core Title This widely acclaimed resource has been improved with this update It is an excellent addition to the library of clinical nurse specialist students faculty and current practitioners The release of the second edition ensures that the information is current for the ever changing healthcare environment Score 100 5 stars Now in its second edition this highly acclaimed text remains the only cohesive comprehensive textbook and professional reference for CNS education and practice Supported by theory research and current literature the text focuses on CNS roles and scope

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