

Respirations

PNurse Janeth Notes

Normal Adult respiratory rate is 12 to 20
BPM (BREATHS per minute)

- Vary with age
- Increased ICP (Intracranial Pressure) causes shallow resp/slowed breathing
- Opioid analgesics depress respirations

Blood Pressure

Normal BP for adults 18+ is 120/80

****Systolic below 120mmHg**

****Diastolic below 80mmHg**

- BP Increases with age
- Stress can increase BP
- BP HIGHER in African American pt's
- Antihypertensive meds & opioids can

DECREASE BP

- Lowest in the A.M

ORTHOSTATIC HYPOTENSION

- DIZZINESS, LIGHT HEADEDNESS
- LOW BP WHEN STANDING TO UPRIGHT POSITION

*Make sure pt is sitting and feet flat on floor (NO LEG CROSS)

*After menopause women BP tends to be higher than men of same age

*Males tend to have higher BP after puberty, than females

⊗⊗	Extremity with I.V
⊗⊗	Fistula/Arteriovenous shunt
⊗⊗	Breast/Axillary Sx has been done (mastectomy)
⊗⊗	Traumatized Extremity
✓✓	Leg may be used if brachial artery inaccessible

PNurse Janeth Notes

Vitals Study Guide

**Helen Harkreader, Mary Ann
Hogan, Marshelle Thobaben**



Vitals Study Guide:

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Table of Contents Vitals Study Guide

1. Understanding the eBook Vitals Study Guide
 - The Rise of Digital Reading Vitals Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Vitals Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Vitals Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Vitals Study Guide
 - Personalized Recommendations
 - Vitals Study Guide User Reviews and Ratings
 - Vitals Study Guide and Bestseller Lists
5. Accessing Vitals Study Guide Free and Paid eBooks
 - Vitals Study Guide Public Domain eBooks
 - Vitals Study Guide eBook Subscription Services
 - Vitals Study Guide Budget-Friendly Options
6. Navigating Vitals Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Vitals Study Guide Compatibility with Devices
- Vitals Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Vitals Study Guide
 - Highlighting and Note-Taking Vitals Study Guide
 - Interactive Elements Vitals Study Guide
- 8. Staying Engaged with Vitals Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Vitals Study Guide
- 9. Balancing eBooks and Physical Books Vitals Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Vitals Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Vitals Study Guide
 - Setting Reading Goals Vitals Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Vitals Study Guide
 - Fact-Checking eBook Content of Vitals Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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