

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

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Vitals Study Guide:

CNOR® Exam Prep Study Guide Springer Publishing Company, 2023-03-15 CNOR Exam Prep Study Guide gets right to the point with a targeted content based on the latest CCI exam blueprint This easy to follow guide includes all the tools you need to prepare practice and pass the exam and nothing you don't PREPARE Concise coverage of the content you'll be tested on Quick reference features with complications alerts and nursing pearls Need to know information to prepare you for exam day PRACTICE Two full length practice tests one in book and one online to assess your readiness and simulate the test taking experience Detailed rationales for correct and incorrect answers Pop quizzes that highlight key information you don't want to miss PASS The first time with Springer Publishing Exam Prep's 100% Pass Guarantee With confidence knowing you're well prepared with all the skills and knowledge you need on exam day and in practice With pride in your commitment to patient health and safety CNOR is a registered trademark of Competency Credentialing Institute CCI CCI does not endorse this resource nor does it have a proprietary relationship with Springer Publishing Company **Study Guide for Today's**

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real world scenarios **Study Guide for Basic Nursing - E-Book** Patricia A. Potter, Anne Griffin Perry, Patricia Stockert, Amy Hall, Patricia Castaldi, 2016-07-01 Master content from your textbook with this helpful study tool Corresponding to the chapters in Basic Nursing 7th Edition this study guide helps you understand and apply material with chapter review questions activities case studies and more Chapter review questions include matching short answer multiple choice and true false questions to provide evaluation and test taking practice Skills performance checklists help you measure your mastery of important nursing procedures Each chapter includes a case study with related questions allowing you to apply what you ve learned Instructions for creating and using study charts assist you in organizing the material and reviewing key concepts Study group questions make it easier for you to review material with your peers **Study Guide for Foundations of Nursing - E-Book** Kim Cooper, Kelly Gosnell, 2022-06-01 Reinforce your understanding of LPN LVN nursing skills and prepare for the NCLEX PN exam Corresponding to the chapters in Foundations of Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and principles Review questions make it easier to achieve the chapter objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide provides you with an effective study tool for the NGN exam Variety of exercises reinforces student understanding of nursing fundamentals with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask students to apply their knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations of Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations of Nursing 9th Edition NEW Case studies allow students to practice and apply clinical judgment skills **Study Guide for Fundamentals of Nursing Care** Marti A Burton, Linda J May Ludwig, 2014-10-22 This Study Guide is the perfect companion to Fundamentals of Nursing Care Concepts Connections Skills 2nd edition It offers practice the nursing student needs to hone their critical thinking and problem solving skills while mastering the principles concepts and procedures essential to success in the classroom and in practice [Study Guide for Fundamentals of Nursing E-Book](#) Barbara L. Yoost, Lynne R. Crawford, Patricia Castaldi, 2022-02-12 Get the review and practice you need to master the role of today s nurse With chapters corresponding to the chapters in Yoost s Fundamentals of Nursing 3rd Edition this study guide provides a variety of exercises and activities to reinforce your understanding of nursing concepts and skills Chapter reviews use engaging activities to make learning more meaningful and review questions help you apply concepts to the practice setting Now with new Next Generation NCLEX style practice questions this study guide also prepares you for success on classroom and NCLEX examinations Chapter review questions include multiple choice matching true false and image labeling questions testing your comprehension of nursing fundamentals and making learning more fun

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