

VITAL SIGNS

TEMPERATURE:

- **normal:** 36.0 - 37.5°C
- **hyperthermia:** elevated body temperature (41-45°C)
- **hypothermia:** a decrease in body temperature, body is unable to produce heat

the difference between heat produced by the body and heat lost to the outside environment

- measured at the axilla, ear (for tympanic, at the rectum or orally)
- consider if hot drinks have been consumed prior to temp being taken

HEART RATE : PULSE

60-70 mL of blood is being pumped into circulation by the heart, each contraction causes a pulse wave that travels along the arteries.



- **rate:** number of beats (60 - 100 Bpm)
- **rhythm:** pattern of beats (regular vs. irregular)
- **strength/amplitude:** force (strong/weak/thready/bounding)
- **equality:** same right and left (equal bilaterally)

commonly found by palpating the radial or carotid artery

ALWAYS OBTAIN CONSENT

- **Hypertension:** systolic > 140 & diastolic > 80
- **Hypotension:** systolic < 100 & diastolic < 60
- **Normal:** systolic 100-140 & diastolic 60-80

the lateral force on the walls of an artery from the blood pulsing under pressure from the heart

BLOOD PRESSURE:

- **Systolic:** maximum pressure felt in the artery
- **Diastolic:** the elastic recoil (resting) pressure between beats

OXYGEN & RESPIRATIONS:

respiration is the mechanism used to exchange gases between atmosphere and the blood & between blood and cells.

- **Normal:** >94%
- **Hypoxia:** reduced levels of arterial oxygen
- **Mild hypoxia:** 90-94%
- **Severe hypoxia:** <86%

AVPU ALERT, TO VOICE, TO PAIN, UNRESPONSIVE

- **dyspnea:** difficult/laboured breathing
- **apnea:** temporary cessation of breathing
- **orthopnea:** discomfort when breathing whilst lying down
- **cheyne stokes:** alteration of depth of breathing

PAIN SCALE:

a pain score is subjective data, you can only rely on what the patient says about how they feel



Vital Sign English Edition

CO Houle



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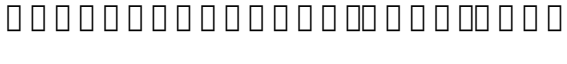
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