



VITAL SIGNS

CHEAT SHEET

BEFORE EXAM:

- HAND HYGIENE
- INTRODUCE YOURSELF
- CHECK PATIENT'S ARMBAND
- ASK PATIENT TO CONFIRM THEIR NAME AND DOB
- ARE THEY TAKING ANY MEDS?
- DO THEY SMOKE?
- DO THEY HAVE ALLERGIES?
- DID THEY EAT/DRINK ANYTHING HOT/COLD IN THE LAST 20 MINS?
- ANY EXERCISE IN THE LAST 20 MINS?

THESE CAN IMPACT VITAL SIGNS

BLOOD PRESSURE:

- PATIENT'S ARM SUPPORTED AT HEART LEVEL & UNCROSSED LEGS
- FIND BRACHIAL ARTERY IN INNER ELBOW
- PLACE CUFF 2 INCHES ABOVE BEND OF ARM
- INFLATE CUFF UNTIL BRACHIAL ARTERY NO LONGER PALPABLE
- ADD 30 MMHG TO NUMBER ON PRESSURE GAUGE WHEN ARTERY NOT PALPABLE
- RE-INFLATE CUFF TO THIS NUMBER & AUSCULTATE ARTERY WITH STETHOSCOPE
- LET PRESSURE FALL SLOWLY
- NOTE PRESSURE AT WHICH YOU FIRST START TO HEAR A SOUND AND STOP HEARING IT
- THE FIRST SOUND IS THE SYSTOLIC NUMBER & THE LAST SOUND IS THE DIASTOLIC NUMBER

HEART RATE/PULSE:

- FIND RADIAL ARTERY AT THE WRIST ALONG THE THUMB SIDE OF THE HAND
- SUPPORT ARM AND USE TWO TO THREE FINGERS TO PALPATE THE PULSE

V

BP:

HR:

RES

TEM

02:

BP STA

NORMAL:

PREHYPE

HYPERTEN

HYPERTEN

PA

• P-P

• Q-Q

• R-R

• S-S

• T-T

STREN

0: ABSEN

1+: WEAK

2+: NORM

3+: BOUN

Vital Signs Study Guide Answer Sheet

Kathy Bonewit-West,Sue Hunt

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