

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.



ALWAYS OBTAIN CONSENT

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

- **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

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.

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

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

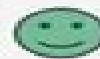
AVPU ALERT, TO VOICE, TO PAIN, UNRESPONSIVE

PAIN SCALE:

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



NO PAIN



MILD PAIN



MODERATE PAIN



SEVERE PAIN



EXTREME PAIN



UNBEARABLE PAIN

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