

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%

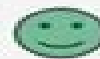
AVPU ALERT, TO VOICE, TO PAIN, UNRESPONSIVE

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

Vital Sign English Edition

Kevin Schwechten



Vital Sign English Edition:

The book delves into Vital Sign English Edition. Vital Sign English Edition is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Vital Sign English Edition, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Vital Sign English Edition
- Chapter 2: Essential Elements of Vital Sign English Edition
- Chapter 3: Vital Sign English Edition in Everyday Life
- Chapter 4: Vital Sign English Edition in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Vital Sign English Edition. This chapter will explore what Vital Sign English Edition is, why Vital Sign English Edition is vital, and how to effectively learn about Vital Sign English Edition.
3. In chapter 2, the author will delve into the foundational concepts of Vital Sign English Edition. The second chapter will elucidate the essential principles that need to be understood to grasp Vital Sign English Edition in its entirety.
4. In chapter 3, this book will examine the practical applications of Vital Sign English Edition in daily life. This chapter will showcase real-world examples of how Vital Sign English Edition can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Vital Sign English Edition in specific contexts. The fourth chapter will explore how Vital Sign English Edition is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Vital Sign English Edition. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Vital Sign English Edition.

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