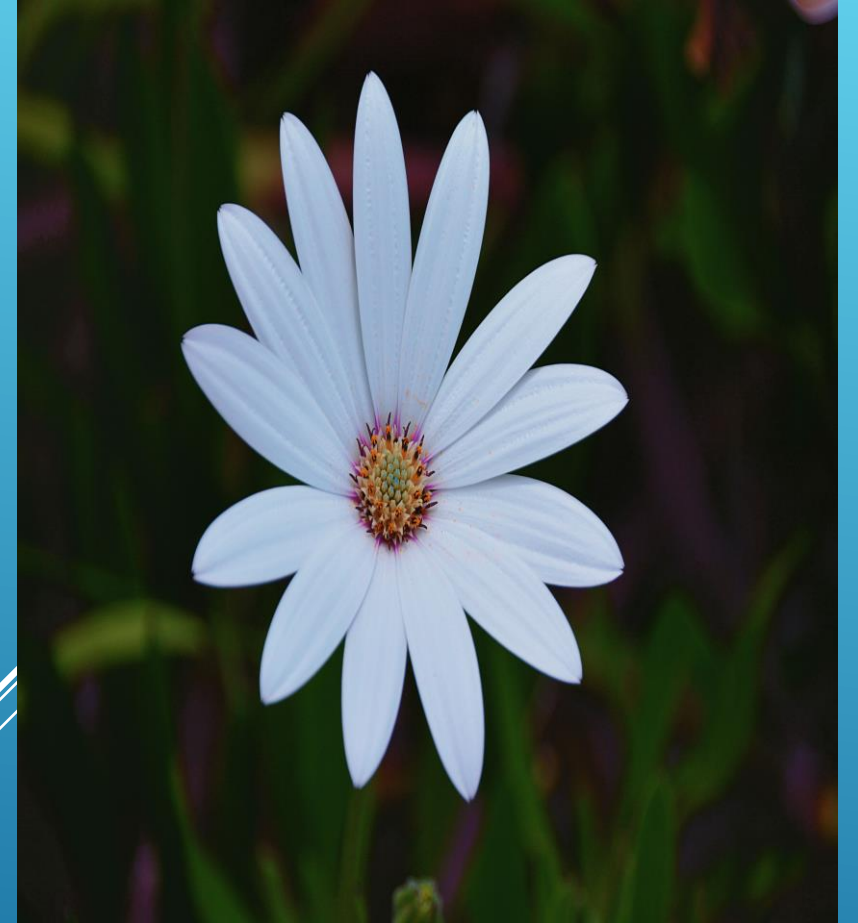


NORMAL VITAL

SIGNS IN ADULT



- ▶ PAIN
- ▶ TEMPERATURE
- ▶ OXYGEN SATURATION
- ▶ HEART RATE
- ▶ RESPIRATION RATE
- ▶ BLOOD PRESSURE



PAIN :

Rate pain on 0 – 10 scale

Ask about quality and duration of pain .

Health care professionals often ignored patients' suffering from pain.

During pains outbreaks , there is a release of adrenalin which elevates the heart rate and blood pressure.



TEMPERATURE

Normal temperature = 97°F – 99°F

36.1°C – 37.2°C

Methods

Oral method

Axillary method

Tympanic method (in the ear)

Temporal method

Rectal method

Axillary and Temporal methods = 1 degree lower than oral temperature

Tympanic and Rectal methods = 1 degree higher than oral temperature



▶ OXYGEN SATURATION

Normally 95-100%

Measures the percentages of oxy haemoglobin in the blood and is represented as arterial oxygen saturation.

Important parameter for managing patients in a clinical setup.

O2 Sats.

Pulse oximeter put on index finger.



HEART RATE

Heart rate = 60-100 beats per minutes.

SITES FOR HR = Radial arteries

Brachial

Carotid



Using the first and second fingertips, press firmly but gently on the arteries until you feel a pulse.

Count the pulse for 15 seconds and then multiply by 4 or for 30 seconds and then multiply with 2 . (regular)

If irregular , count pulse for 60 seconds.



RESPIRATION RATE

Normal range = 16-24 breath / minute.

Count the how many times the chest rises.

If you tell the patient about respiration rate while counting , it may alter the count or rate of respiration.

ALWAYS COUNT HEART RATE AND RESPIRATION RATE TOGETHER

FIRST 30 SEC = HEART RATE

NEXT 30 SECOND = RESPIRATION RATE

AND MULTIPLY WITH 2.



▶ **BLOOD PRESSURE**

SYSTOLIC = 120 mmHg

DIASYSTOLIC = 80 mmHg

Force of blood pushing against the artery walls during contraction and relaxation of the heart.

Systolic = contraction (pressure inside the wall when heart contracts and pumps blood through the body.

Mercury manometer or Sphygmomanometer

Place cuff 1-2 inches above where you felt the brachial artery

Pump the cuff up to the 180-200 mmHg.



THANK YOU

HAPPY LEARNING

