

VITAL SIGNS

LEARNING OBJECTIVES

- ASSESS BLOOD PRESSURE USING AUSCULTATION AND USING A MACHINE
- ASSESS TEMPERATURE VIA ORAL AND AXILLARY ROUTES
- ASSESS THE RESPIRATION RATE
- ASSESS THE PULSE VIA THE RADIAL AND APICAL ROUTE

VITAL SIGNS ARE-

- A PERSON'S BLOOD PRESSURE, TEMPERATURE, PULSES AND RESPIRATION
- TAKEN AND COMPARED WITH ACCEPTED NORMAL VALUES
- CAREFUL ATTENTION TO THE DETAILS OF VITAL SIGNS PROCEDURE AND ACCURACY IN THE INTERPRETATION ARE EXTREMELY IMPORTANT

BLOOD PRESSURE

- Recorded as 2 numbers
- Read as 120 over 70 millimeters of mercury: Written 120/70
- Systolic- the top number; measures the pressure in the arteries when the heart is beating. This is usually the higher number
- Diastolic- the bottom number: measures the pressure in the arteries between heartbeats. This happens when the heart muscle is resting between beats and refilling with blood

Understanding the numbers

- Normal –systolic is less than 120 and diastolic is less than 80
- Prehypertension – systolic is 120-139 or diastolic is 80 to 89
- High blood pressure or hypertension-
 - Stage 1 systolic is 140 -159 diastolic is 90-99
 - Stage 2 systolic is 160 or higher and diastolic is 100 or higher
 - Hypertensive crisis
 - systolic is higher than 180 and diastolic is higher than 110. EMERGENCY CARE IS NEEDED

Be aware

- A single high reading does not mean you have high blood pressure however if the reading stays at above 140 systolic or above 90 diastolic, your doctor may want to start treatment.
- If your blood pressure is normal you should consider making life style modifications to prevent the development of high blood pressure.



Ways to control your blood pressure

- Eat a better diet (eg reduce salt)
- Enjoy regular physical activity
- Maintain a healthy weight
- Manage stress
- Avoid tobacco smoke
- Comply with medical prescription
- Limit alcohol
- Be informed

Demonstration and Return demonstration then Post test

- Manual



- Machine

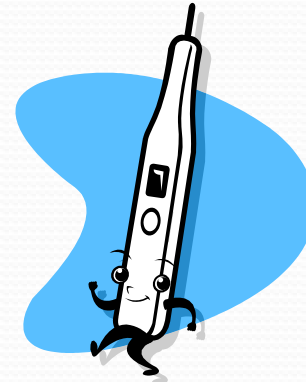


TEMPERATURE

- BODY TEMPERATURE IS THE HEAT OF THE BODY MEASURED IN DEGREE
- BODY TEMPERATURE INDICATES THE DIFFERENCE BETWEEN PRODUCTION OF HEAT AND LOSS OF HEAT.
- NORMAL BODY TEMPERATURE MAINTAINED BETWEEN 97.0 and 99.5 degrees Fahrenheit
- TEMPERATURE ARE USUALLY LOWEST IN THE EARLY MORNING AND HIGHEST IN THE LATE AFTERNOON

DEMONSTRATION & RETURN DEMONSTRATION

- Oral temp with a digital thermometer
- Assessing axillary temperature



Assessing a pulse

- The pulse is a throbbing sensation that can be palpated over a peripheral artery
- Pulses are measured in beats per minute.
- Normal rate for adult between 60 to 100 beats per minute,

Palpating the radial pulse

Place your first, second and third fingers along the patient's radial artery, and press gently against the radius. Rest your thumb on the back of the patient's wrist.

Apply enough pressure so that the artery can be felt distinctly.

Using a watch with a second hand count the number of pulsation felt for 30 seconds. Multiply this number by 2 to calculate the rate per minute.



Assessing respiration

- Pulmonary ventilation (or breathing) is movement of air in and out of the lung
- Respiration is assessed by observing and listening
- Patient should be unaware of the respiration assessment because if they are conscious of the procedure, they might alter their breathing patterns or rate.
- Normal rate for adult 12 to 20.
- Report abnormal reading to the nurse.

Demonstration & return demonstration then post test

