

# VITALS SIGN NURSING GUIDE

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## TEMPERATURE

### Temperature

Reflects the status of how the body's internal and external environment is affected.



Temperature for monitoring, degree of health of body's internal and external environment.

### How to measure

Measure from the mouth in oral method, ear for in rectal method, axilla for in axilla method.

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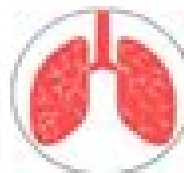
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## VITAL SIGNS



Vital signs are measurements of the body's most basic functions and include temperature, pulse, respiration, and BP.

## RESPIRATION



### RESPIRATION

Number of breaths per minute demonstrating the exchange of O<sub>2</sub> and CO<sub>2</sub> between the body and environment.

The rate is usually measured when a person is at rest and simply by counting the number of breaths for one minute by counting how many times the chest rises.

When checking respiration, it is important to also note whether a person is breathing easily or having difficulty breathing.

Normal respiration rates for an adult person at rest range from 12 to 20 breaths per minute.

In healthy adults at rest, normal values are as follows:

Rate (pulse): 60-100 bpm

Respiratory rate: 12-20

Rate per minute

## BLOOD PRESSURE



### BLOOD PRESSURE

Reflects the force the blood exerts against the walls of the arteries during each cardiac cycle and is measured in mmHg.

Blood pressure is the force of blood against the artery walls.

### Normal values

Normal: 120/80 mmHg

Hypertension: 130/80 mmHg or higher

Stroke: 160/90 mmHg or higher

Stage 2 Hypertension: 160/90 mmHg or higher

Hypertension: 140/90 mmHg or higher

Blood pressure is the difference between systolic and diastolic pressure reading.



# Kinns Study Guide Vital Signs

**WJ Hussar**



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## **Table of Contents Kinns Study Guide Vital Signs**

1. Understanding the eBook Kinns Study Guide Vital Signs
  - The Rise of Digital Reading Kinns Study Guide Vital Signs
  - Advantages of eBooks Over Traditional Books
2. Identifying Kinns Study Guide Vital Signs
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Kinns Study Guide Vital Signs
  - User-Friendly Interface
4. Exploring eBook Recommendations from Kinns Study Guide Vital Signs
  - Personalized Recommendations
  - Kinns Study Guide Vital Signs User Reviews and Ratings
  - Kinns Study Guide Vital Signs and Bestseller Lists
5. Accessing Kinns Study Guide Vital Signs Free and Paid eBooks
  - Kinns Study Guide Vital Signs Public Domain eBooks
  - Kinns Study Guide Vital Signs eBook Subscription Services
  - Kinns Study Guide Vital Signs Budget-Friendly Options
6. Navigating Kinns Study Guide Vital Signs eBook Formats

- ePub, PDF, MOBI, and More
- Kinns Study Guide Vital Signs Compatibility with Devices
- Kinns Study Guide Vital Signs Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Kinns Study Guide Vital Signs
  - Highlighting and Note-Taking Kinns Study Guide Vital Signs
  - Interactive Elements Kinns Study Guide Vital Signs
- 8. Staying Engaged with Kinns Study Guide Vital Signs
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Kinns Study Guide Vital Signs
- 9. Balancing eBooks and Physical Books Kinns Study Guide Vital Signs
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Kinns Study Guide Vital Signs
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Kinns Study Guide Vital Signs
  - Setting Reading Goals Kinns Study Guide Vital Signs
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Kinns Study Guide Vital Signs
  - Fact-Checking eBook Content of Kinns Study Guide Vital Signs
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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