

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 change of body temperature during temperature control.

Normal Temperature

Normal body temperature is 36.1°C (96.8°F). It is a normal body temperature and other factors.

Normal Range

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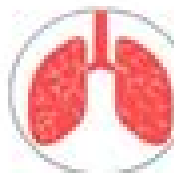
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VITAL SIGNS



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 O₂ and CO₂ 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:

Normal rate (adult): 12-20 breaths per minute

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PULSE



Measurements of heart rate and rhythm, usually obtained from peripheral sites.

- Assessing circulatory system function for heart rate
- Assessing circulatory system function for heart rate
- Assessing circulatory system function for heart rate

BLOOD PRESSURE



Measurements of blood pressure and rhythm, usually obtained from peripheral sites.

Blood pressure is the force exerted by the blood against the walls of the arteries during each cardiac cycle.

Normal Blood Pressure

- Normal blood pressure is 120/80 mmHg
- Normal blood pressure is 120/80 mmHg
- Normal blood pressure is 120/80 mmHg

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



Kinns Study Guide Vital Signs

Michael Seilmaier



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