



VITAL SIGNS

CHEAT SHEET

BEFORE EXAM:

- HAND HYGIENE
- INTRODUCE YOURSELF
- CHECK PATIENT'S ARMBAND
- ASK PATIENT TO CONFIRM THEIR NAME AND DOB
- ARE THEY TAKING ANY MEDS?
- DO THEY SMOKE?
- DO THEY HAVE ALLERGIES?
- DID THEY EAT/DRINK ANYTHING HOT/COLD IN THE LAST 20 MINS?
- ANY EXERCISE IN THE LAST 20 MINS?

THESE CAN IMPACT VITAL SIGNS

BLOOD PRESSURE:

- PATIENT'S ARM SUPPORTED AT HEART LEVEL & UNCROSSED LEGS
- FIND BRACHIAL ARTERY IN INNER ELBOW
- PLACE CUFF 2 INCHES ABOVE BEND OF ARM
- INFLATE CUFF UNTIL BRACHIAL ARTERY NO LONGER PALPABLE
- ADD 30 MMHG TO NUMBER ON PRESSURE GAUGE WHEN ARTERY NOT PALPABLE
- RE-INFLATE CUFF TO THIS NUMBER & AUSCULTATE ARTERY WITH STETHOSCOPE
- LET PRESSURE FALL SLOWLY
- NOTE PRESSURE AT WHICH YOU FIRST START TO HEAR A SOUND AND STOP HEARING IT
- THE FIRST SOUND IS THE SYSTOLIC NUMBER & THE LAST SOUND IS THE DIASTOLIC NUMBER

HEART RATE/PULSE:

- FIND RADIAL ARTERY AT THE WRIST ALONG THE THUMB SIDE OF THE HAND
- SUPPORT ARM AND USE TWO TO THREE FINGERS TO PALPATE THE PULSE

V

BP:

HR:

RES

TEM

02:

BP STA

NORMAL:

PREHYPE

HYPERTEN

HYPERTEN

PA

• P-PI

• Q-QI

• R-RI

• S-SE

• T-TI

STREN

0: ABSEN

1+: WEAK

2+: NORM

3+: BOUN

Vital Signs Study Guide Answer Sheet

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Table of Contents Vital Signs Study Guide Answer Sheet

1. Understanding the eBook Vital Signs Study Guide Answer Sheet
 - The Rise of Digital Reading Vital Signs Study Guide Answer Sheet
 - Advantages of eBooks Over Traditional Books
2. Identifying Vital Signs Study Guide Answer Sheet
 - 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 Vital Signs Study Guide Answer Sheet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Vital Signs Study Guide Answer Sheet
 - Personalized Recommendations
 - Vital Signs Study Guide Answer Sheet User Reviews and Ratings
 - Vital Signs Study Guide Answer Sheet and Bestseller Lists
5. Accessing Vital Signs Study Guide Answer Sheet Free and Paid eBooks
 - Vital Signs Study Guide Answer Sheet Public Domain eBooks
 - Vital Signs Study Guide Answer Sheet eBook Subscription Services
 - Vital Signs Study Guide Answer Sheet Budget-Friendly Options
6. Navigating Vital Signs Study Guide Answer Sheet eBook Formats
 - ePub, PDF, MOBI, and More
 - Vital Signs Study Guide Answer Sheet Compatibility with Devices
 - Vital Signs Study Guide Answer Sheet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Vital Signs Study Guide Answer Sheet
 - Highlighting and Note-Taking Vital Signs Study Guide Answer Sheet
 - Interactive Elements Vital Signs Study Guide Answer Sheet
8. Staying Engaged with Vital Signs Study Guide Answer Sheet

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Vital Signs Study Guide Answer Sheet
- 9. Balancing eBooks and Physical Books Vital Signs Study Guide Answer Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Vital Signs Study Guide Answer Sheet
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Vital Signs Study Guide Answer Sheet
 - Setting Reading Goals Vital Signs Study Guide Answer Sheet
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Vital Signs Study Guide Answer Sheet
 - Fact-Checking eBook Content of Vital Signs Study Guide Answer Sheet
 - 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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