



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

Roman Wölfel



Vital Signs Study Guide Answer Sheet:

Reviewing **Vital Signs Study Guide Answer Sheet**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Vital Signs Study Guide Answer Sheet**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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