

Vital Signs and other little bits of information

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Active Nursing Assistant Training of Clear Lake

When you greet a patient always:

- Greet them by name
- Introduce yourself
- Wash your hands
- Provide privacy
- Tell them what you are in there to do
- Give them their call light before you leave



Vital Signs consists of:

- Temperature
- Pulse
- Respirations
- Blood Pressure
- O2 sat
- Pain



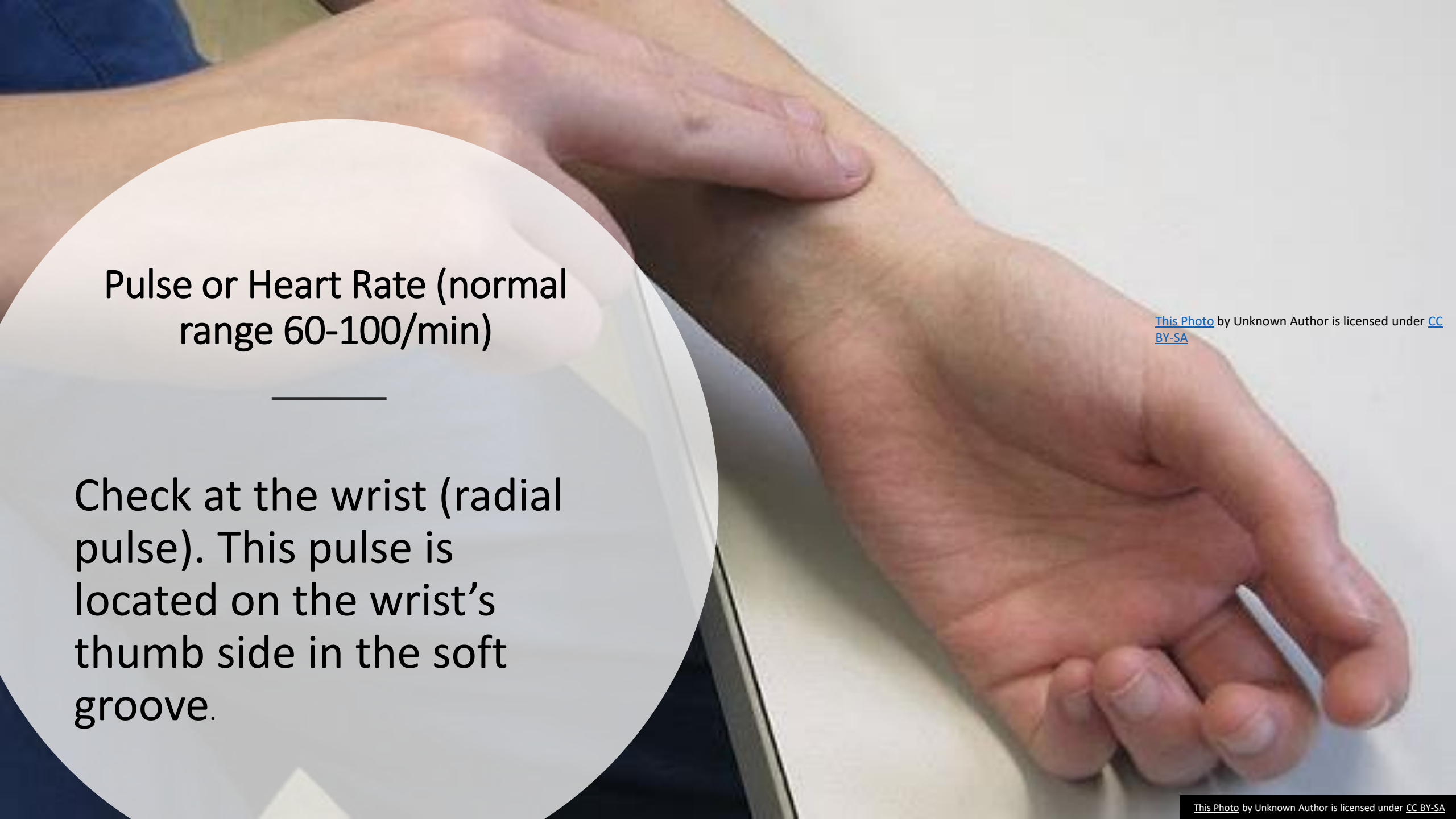


Temperature 96-99F is normal

Ways to check a temperature:

- Oral (most common way)
- Rectal (most accurate way because it is core body temp)
- Tympanic (ear)
- Temporal and forehead





Pulse or Heart Rate (normal
range 60-100/min)

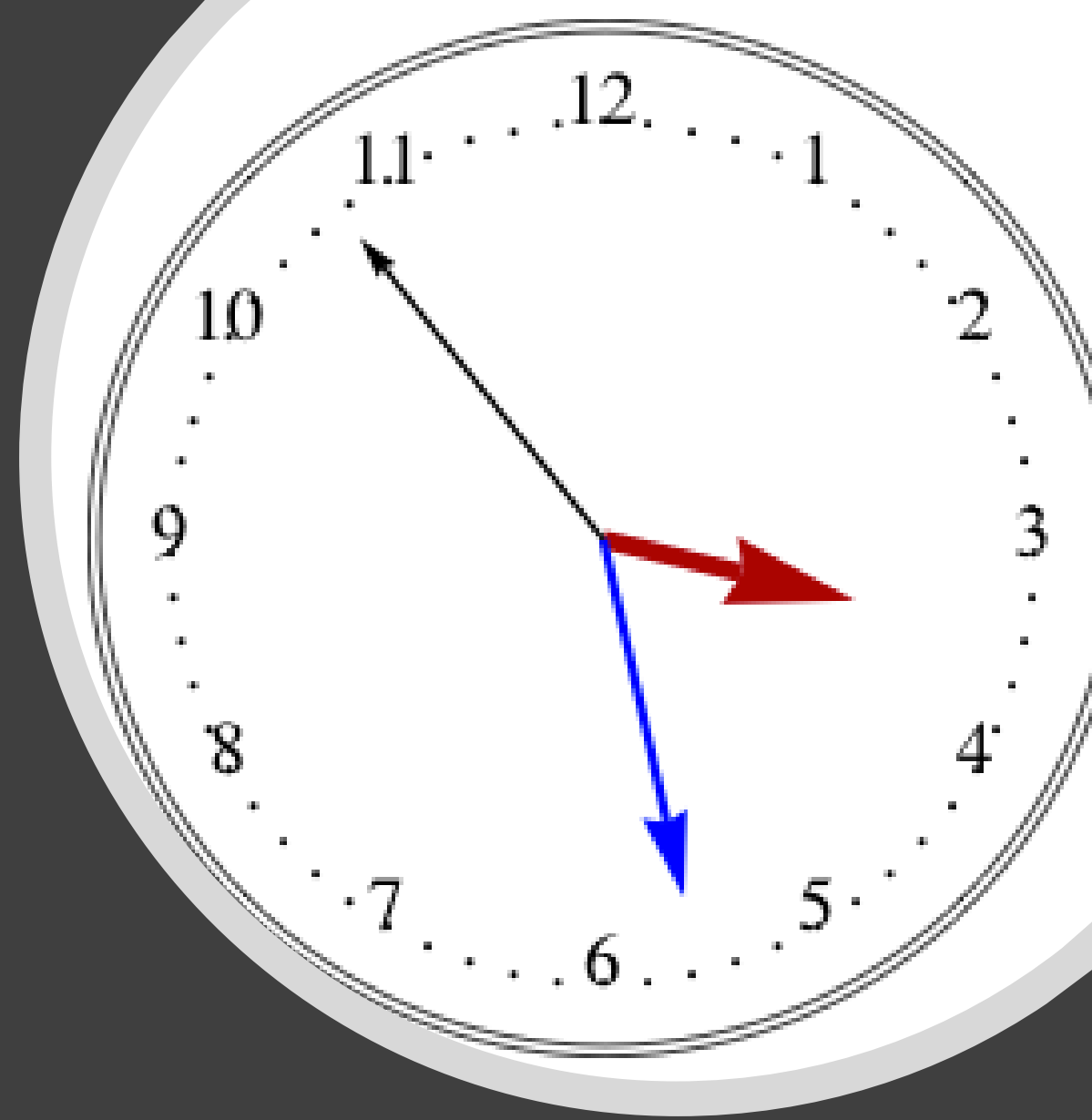
Check at the wrist (radial
pulse). This pulse is
located on the wrist's
thumb side in the soft
groove.

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Count the beats for one minute- that is the pulse rate.

You can also count for 15 seconds and multiply it by 4.



Respirations (Normal range 12-22/min)

We are measuring the inspiration and expiration (breathing in and out)

An inspiration + expiration= 1 respiration

Respirations should be even and unlabored

Open the video below for a demonstration:

https://www.youtube.com/watch?v=ZeMR16qWo_w

A blood pressure is measured using an electronic machine or with a sphygmomanometer, cuff, and stethoscope. The sphygmomanometer is the dial with the numbers on it.



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Blood pressure

A Blood pressure is the pressure of the blood against the walls of the arteries during cardiac contraction (systole) and relaxation (diastole).

Systolic Blood pressure range 100-140 mmHg

Diastolic Blood pressure range 60-90

Which BP's
are normal?

Systolic or
diastolic?

A. 120/78



B. 90/50



C. 184/98



D. 104/70

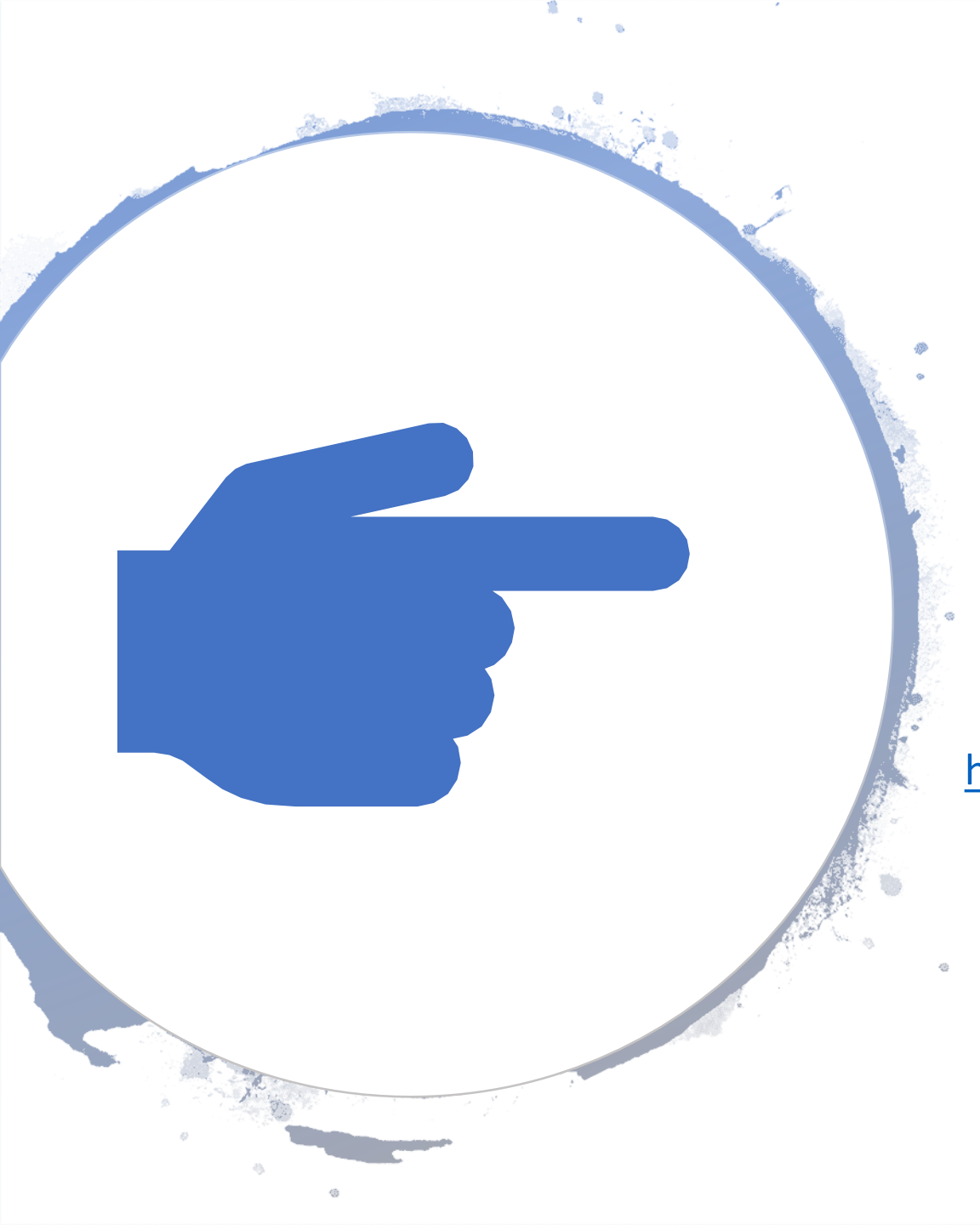
Normal versus
abnormal:

A. 120/78 -Normal

B. 90/50 – systolic and diastolic
are low

C. 184/98- systolic and diastolic
are high

D. 104/70- normal but systolic is borderline low.
What does your patient's BP usually like? If it is
typically 140/70 then you have a low systolic BP.



Please go to this site to practice manual blood pressures.

<https://www.practicalclinicalskills.com/taking-blood-pressure>

Oxygen Saturation (O₂ sat)

How much oxygen are in the cells? Cells should be oxygenated at greater than 95%.

If O₂ sat is less than 90% the patient likely needs oxygen.

We measure the O₂ sat using a pulse oximeter



Pulse oximeter

A pulse oximeter won't work well if:

- Fingers are cold
- Poor circulation
- Long fingernails
- Acrylic nails

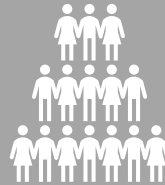
The O2 SAT
reads: SpO2 % (the other number is
the pulse)

Warm the finger if it's cold by
wrapping it with a warm washcloth.

What does a patient with a low oxygen level look like?



If you get a low reading on your pulse oximeter, your patient will appear cyanotic (blue) around the lips and fingers.



They may be SOB (Short of breath).



The respiratory rate may be high or low- indicating they are not getting enough oxygen and are trying to compensate for it.

Cyanosis



Pain

Typically a 0-10 pain scale is used for patient to rate their pain. Please note that WHERE their pain is located is very important.

Example: Your patient's pain is 2/10. You ask where: "My pinky toe".

Your other patient's pain is 2/10. You ask where: "Chest pain".

Your responses will be very different!
Always ask WHERE....

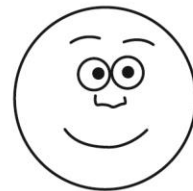
The Wong Baker scale is used for those that cannot rate pain from 0-10.

Wong-Baker FACES® Pain Rating Scale



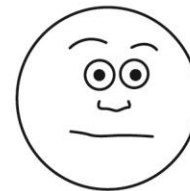
0

No
Hurt



2

Hurts
Little Bit



4

Hurts
Little More



6

Hurts
Even More



8

Hurts
Whole Lot



10

Hurts
Worst

Writing vital signs

T 98 P 78BPM R 22/min BP 120/70 O2 99% Pain "5/10" right hand (this too long)

If you write the same vitals as follows, it is self explanatory:


Mr. Jones: 98.0 78 22 120/70 99% 5/10 (rt hand)

Mrs. Smith: 99.2 98 18 112/78 97% 3/10 (lt foot)


Keep all your numbers in the same order to make it easy to read

Nothing to do
with vital
signs 😊

HIPPA- this is a law that protects patients privacy.
Another word for privacy is confidentiality.



OSHA- An agency that protects workers rights in
the workforce.



PPE- personal protective equipment (gowns,
gloves, goggles, hair and shoe covers, masks).



Universal Precautions: wear the appropriate PPE if coming
into contact with blood or body fluids or patient has a
known contagious disease.

Tuberculosis



- TB patients have an airborne disease.
- You must wear an N-95 mask if in the patient's room
- Patient must be in negative pressure room (air ducts flow inward)

PATIENTS HAVE RIGHTS TO:

- Know what is going on
- Be involved in their care
- Refuse treatments
- Use the phone
- Have visitors
- Be independent
- Make informed decisions
- privacy

