

Vital Signs Monitoring

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1. Introduction

- Vital signs are measurements that reflect the body's essential functions.
- Monitoring them helps detect changes in a patient's condition early.

2. The Main Vital Signs

- **Temperature:** indicates fever or hypothermia.
- **Pulse:** the heart rate, measured in beats per minute.
- **Respiration:** the breathing rate and quality.
- **Blood pressure:** the force of blood against artery walls.

3. Normal Ranges

- Adult temperature is about 36.5 to 37.5 degrees Celsius.
- Pulse is roughly 60 to 100 beats per minute and respiration 12 to 20 per minute.
- Normal blood pressure is around 120 over 80 mmHg.

4. Measurement Technique

- Use correct, calibrated equipment and proper positioning.
- Measure when the patient is rested for accuracy.

5. Recording and Acting

- Document readings accurately and on time.
- Report abnormal values promptly so action can be taken.

6. Summary

- Vital signs monitoring tracks temperature, pulse, respiration, and blood pressure to detect and respond to changes in patient condition.