Respirations

V Nurse Janeth Notes

*After menopause

higher than men of

women BP tends to be

Normal Adult respiratory rate is 12 to 20 BPM(BREATHS per minute)

Vary with age

*Systolic below 120mmHg

**Diastolic below 80mmHg

BP Increases with age

- Increased ICP(Intracranial Pressure)
 causes shallow resp/slowed breathing
- · Opioid analgesics depress respirations

Blood Pressure

Normal BP for adults 18+ is 120/80

*	 Stress can increase BP BP HIGHER in African American Pt's Antihypertensive meds & opioids can DECREASE BP 			same age *Males tend to have higher BP after puberty, than females
+	Lowest in the A.M		00	Extremity with I.V
		ORTHOSTATIC HYPOTENSION DIZZINESS, LIGHT HEADEDNESS LOW BP WHEN STANDING TO UPRIGHT POSITION *Make sure pt is sitting and feet flat on floor (NO LEG CROSS)	00	Fistula/Arteriovenous shunt
			00	Breast/Axillary Sx has
				been done (mastectomy)
			00	Traumatized Extremity
	VNurse	V Nurse Janeth Notes		Leg may be used if brachial artery inaccessible

Vitals Study Guide

Joseph V. Stewart

Vitals Study Guide:

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