

# Respirations

*PNurse Janeth Notes*

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

- Vary 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

**\*\*Systolic below 120mmHg**

**\*\*Diastolic below 80mmHg**

- BP Increases with age
- Stress can increase BP
- BP HIGHER in African American pt's
- Antihypertensive meds & opioids can DECREASE BP

- Lowest in the A.M

### 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)

\*After menopause women BP tends to be higher than men of same age

\*Males tend to have higher BP after puberty, than females

|    |   |
|----|---|
| ⊗⊗ | Extremity with I.V                              |
| ⊗⊗ | Fistula/Arteriovenous shunt                     |
| ⊗⊗ | Breast/Axillary Sx has been done (mastectomy)   |
| ⊗⊗ | Traumatized Extremity                           |
| ✓✓ | Leg may be used if brachial artery inaccessible |

*PNurse Janeth Notes*

# Vitals Study Guide

**M Tight**



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