

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

Naomi Julia Rice



Vitals Study Guide:

Study Guide for Fundamentals of Nursing E-Book Barbara L. Yoost, Lynne R. Crawford, Patricia Castaldi, 2022-02-12 Get the review and practice you need to master the role of today's nurse With chapters corresponding to the chapters in Yoost's Fundamentals of Nursing 3rd Edition this study guide provides a variety of exercises and activities to reinforce your understanding of nursing concepts and skills Chapter reviews use engaging activities to make learning more meaningful and review questions help you apply concepts to the practice setting Now with new Next Generation NCLEX style practice questions this study guide also prepares you for success on classroom and NCLEX examinations Chapter review questions include multiple choice matching true false and image labeling questions testing your comprehension of nursing fundamentals and making learning more fun Answers and detailed rationales for all of the questions are included in the back of the study guide Skills performance checklists on the Evolve website are completely updated to match the latest versions of nursing skills and are both interactive and printable NEW Next Generation NCLEX style practice questions in clinical chapters help you develop skills in clinical judgment NEW Updated content reflects changes to the Fundamentals of Nursing 3rd Edition textbook NEW Preliminary Readings refer you back to the related chapter in the textbook NEW Open ended questions provide questions activities and guidance to make study group time more productive *Study Guide for Today's Medical Assistant - E-Book* Kathy Bonewit-West, Sue Hunt, Edith Applegate, 2014-07-30 Use this study tool to master the content from your Today's Medical Assistant Clinical Administrative Procedures 2nd Edition textbook Corresponding to the chapters in the textbook by Kathy Bonewit West Sue Hunt and Edith Applegate this study guide helps you understand and apply the material with practical exercises activities flashcards checklists review questions and more Chapter assignment tables at the beginning of chapters guide you through textbook and study guide assignments and make it easy to track your progress Laboratory assignment tables list the procedures in each chapter including study guide page number references and indicate the procedures shown on the DVDs A pretest and posttest in each chapter measure your understanding with 10 true false questions Key term assessments include exercises to help in reviewing and mastering new vocabulary Evaluation of Learning questions let you assess your understanding evaluate progress and prepare for the certification examination Critical thinking activities let you apply your knowledge to real life situations Practice for Competency sections offer extra practice on clinical skills presented in the book Evaluation of Competency checklists evaluate your performance versus stated objectives and updated CAAHEP performance standards Updated content includes exercises for topics such as electronic medical records advanced directives HIPAA emergency preparedness ICD 10 coding documentation medical office technology medical asepsis vital signs pediatrics colonoscopy IV therapy and CLIA waived tests New activities provide practice for the Today's Medical Assistant textbook's newest and most up to date content New Emergency Protective Practices for the Medical Office chapter includes procedures critical thinking questions and other activities to help you

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