

VITAL SIGNS

RETURN DEMONSTRATION: ORAL TEMPERATURE, PULSE, RESPIRATION, AND BLOOD PRESSURE

LAST NAME:	FIRST NAME:	DATE:	
------------	-------------	-------	--

NORMALS:

<u>Oral Temperature:</u>	between 96-99
<u>Axillary Temperature:</u>	between 95-98
<u>Pulse Rate:</u>	between 60-100 beats/minute
<u>Respirations:</u>	between 12-25/minute
<u>Blood Pressure</u>	Systolic: less than 120 Diastolic: less than 80

Consult with the Primary Care Physician about what types of changes you need to report for each individual.

	YES	NO	COMMENTS
1. WASH HANDS.			
2. COLLECT ALL EQUIPMENT: WATCH/CLOCK, 2 ALCOHOL SWABS, PEN, PAPER, DIGITAL THERMOMETER, THERMOMETER PROTECTOR, BLOOD PRESSURE CUFF, AND HAND SANTIZER.			
3. LOCATE PERSON. EXPLAIN PROCEDURE. GIVE REASSURANCE. ENCOURAGE THE PERSON TO RELAX.			
4. PROVIDE PRIVACY, STAY WITH THE PERSON THROUGHOUT THE PROCEDURE.			
5. MAKE SURE THE PERSON HAS NOT SMOKED, EATEN, OR DRANK ANYTHING HOT OR COLD, AND HAS RESTED FROM ACTIVITY FOR 30 MINUTES BEFORE CHECKING TEMPERATURE, PULSE, RESPIRATION OR BLOOD PRESSURE.			
6. CLEAN THERMOMETER TIP WITH AN ALCOHOL SWAB. WIPE TOWARDS THE TIP (POINTING DOWN) WITH FRICTION.			
7. <u>PUSH BUTTON ON</u> - COVER THERMOMETER TIP WITH PLASTIC PROTECTOR, INSERT UNDER TONGUE. KEEP MOUTH CLOSED UNTIL BEEP IS HEARD.			
8. REMOVE FROM MOUTH. PULL OFF PROTECTOR AND DISPOSE. NOTE FINDINGS ON SCRATCH PAPER. <u>TURN BUTTON OFF</u> .			
9. DISINFECT THERMOMETER WITH ALCOHOL SWAB BY WIPING TOWARDS THE TIP (POINTING DOWN) USING FRICTION. RETURN THERMOMETER TO THE CASE.			
10. CHECK PULSE AT RADIAL ARTERY. APPLY ONLY ENOUGH PRESSURE TO FEEL THE BEAT.			
11. COUNT THE BEATS FOR 1 FULL MINUTE. OBSERVE THE PULSES RHYTHM, RATE, AND QUALITY.			

	YES	NO	COMMENTS
12. NOTE FINDINGS ON SCRATCH PAPER.			
13. MEASURE THE PERSON'S RESPIRATIONS SO THEY DO NOT KNOW THEY ARE BEING WATCHED - HOLD THE WRIST PRETENDING YOU ARE STILL COUNTING THE PULSE.			
14. COUNT EITHER THE INHALATIONS OR EXHALATIONS FOR ONE FULL MINUTE. OBSERVE THE RHYTHM, RATE AND QUALITY.			
15. NOTE FINDINGS ON SCRATCH PAPER.			
16. PROPERLY PLACE THE WRIST BLOOD PRESSURE MONITOR ON THE PERSON: WITH LEFT PALM FACING UPWARD, WRAP CUFF WITH THE MONITOR ON THE INSIDE OF THE LEFT WRIST, 1/4 INCH ABOVE THE HAND AND SQUARED WITH THE PALM. FASTEN TIGHTLY WITH VELCRO.			
17. POSITION THE WRIST SO IT IS LEVEL WITH THE HEART ENCOURAGE THE PERSON TO REMAIN STILL. EXPLAIN THE CUFF WILL SQUEEZE THE WRIST.			
18. PRESS "START" BUTTON.			
19. NOTE FINDINGS ON SCRATCH PAPER.			
20. TURN BUTTON OFF. REMOVE CUFF. RETURN TO STORAGE.			
21. ASSIST THE PERSON BACK TO PRIOR ACTIVITY.			
22. WASH YOUR HANDS BEFORE DOCUMENTING.			
23. <u>PROMPTLY</u> DOCUMENT RESULTS ON THE APPROPRIATE FORMS. CALL APPROPRIATE PERSON IF THERE IS ANYTHING UNUSUAL.			

MEASURING AXILLARY TEMPERATURE

	YES	NO	COMMENTS
1. STATE AT LEAST 3 EXAMPLES WHY A TEMPERATURE SHOULD <u>NOT</u> BE MEASURED ORALLY.			
2. WASH HANDS.			
3. COLLECT EQUIPMENT.			
4. LOCATE THE PERSON, EXPLAIN PROCEDURE, GIVE REASSURANCE.			
5. PROVIDE PRIVACY AND COMFORT. CHECK TO BE SURE PERSON HAS RESTED FOR 30 MINUTES.			
6. HELP PERSON REMOVE ARM FROM SLEEVE. PAT THE UNDERARM DRY WITH A TOWEL IF DAMP.			
7. WIPE THERMOMETER WITH AN ALCOHOL SWAB, WIPING TOWARDS THE TIP (POINTING DOWN) WITH FRICTION.			
8. <u>PUSH BUTTON ON</u> . COVER THERMOMETER WITH PLASTIC DISPOSABLE SHEATH.			
9. PLACE THE BULB END OF THE THERMOMETER IN CENTER OF ARMPIT AND PLACE PERSON'S ARM CLOSE TO HIS/HER BODY ACROSS CHEST OR STOMACH. HOLD THERMOMETER IN PLACE UNTIL BEEPS.			
10. REMOVE & DISPOSE OF PROTECTOR. NOTE FINDINGS. <u>PUSH BUTTON OFF</u> . DISINFECT THERMOMETER BY WIPING WITH ALCOHOL SWAB TOWARDS THE TIP (POINTING DOWN) USING FRICTION. STORE THERMOMETER IN CASE.			
11. HELP THE PERSON REDRESS.			
12. ASSIST PERSON BACK TO PRIOR ACTIVITY.			
13. WASH YOUR HANDS BEFORE DOCUMENTING.			
14. <u>PROMPTLY</u> DOCUMENT RESULTS IN PERSON'S RECORDS. CALL APPROPRIATE PERSON IF THERE IS ANYTHING UNUSUAL.			

