

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

Tobias Bleicker

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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