

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

**Brigitte Niedzwiecki, Julie Pepper, P.
Ann Weaver**



Vitals Study Guide:

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