

VITALS EXAMINATION



TOOLS NEEDED

- a. Stethoscope
- b. Blood pressure cuff
- c. Ophthalmoscope
- d. Penlight
- e. Otoscope



GENERAL APPEARANCE

Normal report:

- No acute distress
- A&O x3
- Normal build/height/weight, appropriate facial expressions, well groomed, good hygiene, fluent speech, mobile, no involuntary movements

RESPIRATION

Normal report:

- Rate: 12–20 breaths/min
- Rhythm: regular
- Effort: Regular. No signs of labored breathing

TIP:

1. Count the pulse for 15 seconds
2. Multiply the value by 4
3. Monitor respiration for one minute

PULSE

Normal report:

- Rate: 60–100 bpm
- Rhythm: regular
- Amplitude: brisk 2+
- Normal contour



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BLOOD PRESSURE

Instructions:

- Place patient's arm on the table (at the level of the heart)
- Place cuff 1 inch above the antecubital crease
- Feel for radial pulse.
- Inflate cuff until you can no longer feel a pulse & check the pressure
- Add 30 to estimate systolic pressure
- Wait 30 seconds
- Take the stethoscope and place it above the brachial artery and press down hard
- Inflate the cuff to the estimated systolic pressure
- Slowly deflate about 2-3 mmHg/second
- Systolic pressure = first sound
- Diastolic pressure = when sound disappears



If you suspect Hypertension: Perform protocol on both arms, sitting, standing, and laying down

