



Easy VITALS

Purpose: Vital signs often act as the roadmap to further treatment. It assesses the most basic body functions.

Typical signs assessed:

- **Body Temperature:** the average internal heat of the body
- **Blood Pressure:** measurement of the force applied against the walls of the arteries as the heart pumps blood through the body.
- **Pulse Rate:** number of heart beats per minute
- **Respiration Rate:** number of inspiration (breathing in) and expiration (breathing out) cycles per one minute
- **Others:** triage assessment often includes weight and height as well

Normal vital sign parameters:

	Normal Pulse (beats/min)	Breathing (breaths/min)	Blood Pressure (systolic)	Temperature* (°F)
Adult	60-100	12-20	90-140	98.2±1.3 °F
Child	80-120	15-30	80-110	98.2±1.3 °F
Infant (0-1yr)	90-140	35-50	80-100	98.2±1.3 °F

*Temperatures shown represent temperatures measured under the tongue NOT the true core body temperature

Accessing pulse:

1. For adults or children older than 12 years old, access pulse at the radial artery as shown.
2. Palpate pulse with 2 fingers. DO NOT use thumb to palpate due to possibility of feeling one's own pulse.
3. Common procedure: palpate for 15 seconds, count the number of pulses palpated, and double the number to obtain the heart rate (beats/min).
4. 3 characteristics to note:
 - a. Rate (normal, fast, slow)
 - b. Rhythm (consistent interval between beats?)
 - c. Quality (strength of each pulse, may be weak or too strong)

