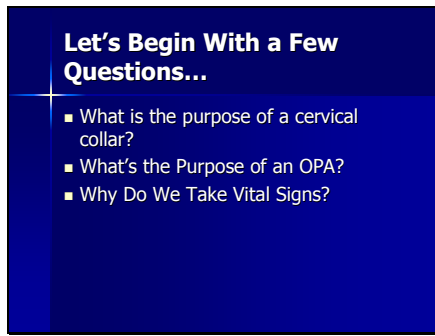


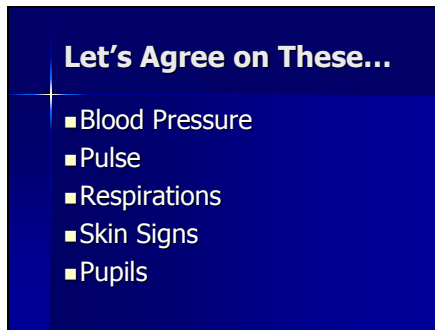
Slide 1



Slide 2



Slide 3



Slide 4

What Makes a Vital Sign "VITAL"?

Vital *adj.*

1. Of or characteristic of life
2. Required for the continuation of life
3. Having immediate importance




Webster's II New College Dictionary

Slide 5

Are All Vital Signs Truly "Vital"?

Are Some More Vital Than Others?


Which One is the MOST Vital?



Slide 6

Let's Look at it Another Way...

Of the 5 signs that we have identified, which one reveals the most about the patient with the least amount of effort?



Slide 7


Document Consistently...

	R	P	BP	SKIN	PUPILS

Slide 8

One Additional Detail...

The factor of _____ is as important as the vital signs you are trying to obtain.



Slide 9


Documenting Time is Critical!

	R	P	BP	SKIN	PUPILS

Slide 10

Respirations


- Rate
- Depth (shallow or deep)
- Ease (labored or unlabored)
- Lung sounds
 - Are they there?
 - Are they clear?



Slide 11

Pulse


- Rate
- Strength (strong or weak)
- Rhythm (regular or irregular)
- Capillary Refill



Slide 12

Blood Pressure

- High or Low



Slide 13

Let's Talk About Technique...

- **Stethoscope**
 - Keep it simple
 - Ear piece placement
 - Diaphragm placement

Slide 14

Let's Talk About Technique...

- **Blood Pressure Cuff**
 - Proper position
 - Proper size
 - Proper placement
 - Inflation

Slide 15

Skin Signs

- **Color**
 - Pale
 - Flushed
 - Cyanosis
 - Jaundice
- **Temperature (warm, hot, cool)**
- **Moisture (dry, moist)**

Slide 16

Pupils

- Equality
- Reactivity to Light
- Size
- Shape
- Accommodation

Slide 17

Pupils

- **P** - Pupils
- **E** – Equal
- **R** - Round
- **R** – Reactive
- **L** – to Light
- **A** – and Accommodation

Slide 18

Remember that...

Your first set of Vitals is a _____

Your second set is a _____

Your third set reveals a _____

Slide 19

A blue rectangular slide with a white starburst graphic in the top-left corner. The text is white. The title "In Summary..." is in a bold font. Below it is a bulleted list of five items.

In Summary...

- Practice makes you better
 - We're not looking for perfection!
- Keep it simple
- Be thorough!
- Have a back up plan
- Ask for help
- Practice some more

Slide 20

A blue rectangular slide with a white starburst graphic in the top-left corner. The text is white. At the top, it says "Feel free to email me" followed by the email address "clebaudour@santarosa.edu". Below this, "Thank You!" is written in a large, bold font.

Feel free to email me
clebaudour@santarosa.edu

Thank You!
