Let's Begin With a Few Questions...

- What is the purpose of a cervical collar?
- What's the Purpose of an OPA?
- Why Do We Take Vital Signs?

Let's Agree on These...

- Blood Pressure
- Pulse
- Respirations
- Skin Signs
- Pupils
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...

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<th>BP</th>
<th>SKIN</th>
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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!**

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Slide 10

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

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Slide 11

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

---

Slide 12

**Blood Pressure**
- High or Low

---
Let’s Talk About Technique...

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

___________________________________
___________________________________
___________________________________
___________________________________
___________________________________
___________________________________

Let’s Talk About Technique...

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

___________________________________
___________________________________
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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

**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

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Slide 20

Feel free to email me  
clebaudour@santarosa.edu

**Thank You!**