Warm-up: write and answer the questions in your notes.

1. One respiration consists of one ______ and one ______.

2. Difficult or labored respirations are ____.

3. A pulse site at the neck is the ____.

4. Why are vital signs recorded on a graphic record?

5. A pulse is described as regular or irregular by its ____.
Today’s Agenda: 11/13/13

1. Students will complete warm-up in notes.

2. TO: Students will understand body temperature what it is, how it is measured, and recorded.

2. Students will practice taking BP, P, R, and T on the TPR Graph for VS Lab #4. This is day 2 in Lydia Williams Memorial Hospital. Be sure to clean up after your lab.

U2 EQ: How are vital signs measured and what do their results mean?

State Standards:
10.1 Apply procedures for measuring and recording vital signs including recognition of normal ranges.
2. Temp, $T$

**Def:** Measure of the balance between heat loss & heat produced in body; typically measured in Fahrenheit

**Heat lost by:**

- Perspiration
- Excretion
- Respiration
Heat produced by:

- Metabolism of food
- Mm activity
- Gland Metabolism
Homeostasis

Def: The ideal health in the human body.

Normal body temp = 97 to 100 F
- Everyone is different
- Lower in the am, higher in the pm
4 Ways To Take T

PO

Aural

Rectal

Ax
Types of Thermometers

- Mercury - Oral or Rectal
- Electronic - Oral or Rectal
- Tympanic - Ear
- Plastic disposable – Oral
Conversion between Fahrenheit & Celsius

\[ C = (F - 32) \times 0.5556 \text{ (or } 5/9) \]

Conversion between Celsius & Fahrenheit

\[ F = (C \times 9/5 \text{ or } 1.8) + 32 \]
Reading A Thermometer

- Average normal
- Mercury column
Recording T Reading

- Date
- Military Time
- VS Abbreviation
- Reading

10/15/12  2230, T = 99.6
T Illnesses

**Hypothermia** = body temp below 95F
- Death below 93F

**Hyperthermia** = body temp above 104F
- Death & convulsions above 106F

**Pyrexia** = body temp above 101F
- Fever
- Febrile = fever is present
- Afebrile = no fever
Factors that change T:

Increase Temp:
• Illness,
• Infection,
• Exrs,
• Excitement,
• Environment

Decrease Temp:
• Fasting,
• Starvation
• Sleep
• Decreased mm activity,
• Environment

Eating, drinking, or smoking $\rightarrow$ wait 15 min
Thermometer Cleaning Guidelines

• Clinical (Mercury)
  • Soak minimum of 30 minutes
  • Use disposable paper / plastic sheaths

• Electronic & Tympanic
  • Disposable sheath
VS Lab #4

• Get your TPR Graph out of the box.

• Record as 10/29/14, Day 2, Wednesday.

• Record BP, P, R, and T for your two patients. If you patient is not here you may pick the person of your choice to take his/her place. Be sure to mark their initials at the bottom of the column as I have previously done as a fill in patient so that I know why there is a sudden change in readings.

• DO NOT COPY WORK, YOU WILL NEVER IMPROVE THE SKILL.

• When you are finished be sure to clean up and replace supplies in the appropriate places.