

## Vital Signs by Type

### Pulse

Descriptors: regular, irregular, strong or weak

Adult: 60 to 100 beats per minute

Children-age 1 to 8yrs: 80-100

Infants-age 1 to 12 months: 100-120

Neonates-age 1 to 28 days: 120-160

### Blood Pressure

	Systolic	Diastolic
Adult	90-140 mmHg	60-90 mmHg
Children-age 1-8yrs	80-110 mmHg	
Infants-age 1-12 months	70-95 mmHg	
Neonates-age 1-28 days	>60 mmHg	

### Respirations

Descriptors: normal, shallow, labored, noisy, Kussmaul

Adult 12-20 breaths per minute

Children-age 1-8yrs 15-30

Infants-age 1-12 months 25-50

Neonates-age 1-28 days 40-60

### Lung Sounds

Crackles or Rales: crackling or rattling sound

Wheezing: High pitched whistling expirations

Stridor: Harsh, high pitched inspirations

Rhonchi-Course, gravelly sounds

### Pulse Oximetry

Range	Value	Treatment
Normal	95-100%	None or Placebic
Mild hypoxia	91-94%	Give oxygen
Moderate hypoxia	86-90%	Give 100% oxygen
Severe hypoxia	≤85%	Give 100% oxygen with positive pressure

**Choking**

5 back blows

5 abdominal thrusts

Continue rotation until object is dislodged

**Rescue Breathing**

Look, listen and feel

Tilt head chin lift

Chest Compressions

2 Breaths

Recovery position

**CPR**

Adult/Child over 1yr

Look, listen and feel

Tilt head chin lift (C-Spine?)

Hand placement just above bottom of sternum. Press down 1/3 of chest

Single Responder: 30 chest compressions 2 Breaths

Double Responder: 15 chest compressions 1 Breath

Infant -1yr

Place middle and index finger over lower half of sternum.

Press down 1/3 of chest.

Compressions and release should take equal amounts of time.

30/2 ratio

If casualty recovers heartbeat but is still unconscious then place on side into the recovery position.

Continual to monitor