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**

<table>
<thead>
<tr>
<th></th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>90-140 mmHg</td>
<td>60-90 mmHg</td>
</tr>
<tr>
<td>Children-age 1-8yrs</td>
<td>80-110 mmHg</td>
<td></td>
</tr>
<tr>
<td>Infants-age 1-12 months</td>
<td>70-95 mmHg</td>
<td></td>
</tr>
<tr>
<td>Neonates-age 1-28 days</td>
<td>&gt;60 mmHg</td>
<td></td>
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</tbody>
</table>

**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
Wheezeing: High pitched whistling expirations
Stridor: Harsh, high pitched inspirations
Rhonchi: Course, gravelly sounds

**Pulse Oximetry**

<table>
<thead>
<tr>
<th></th>
<th>Value</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>95-100%</td>
<td>None or Placebic</td>
</tr>
<tr>
<td>Mild hypoxia</td>
<td>91-94%</td>
<td>Give oxygen</td>
</tr>
<tr>
<td>Moderate hypoxia</td>
<td>86-90%</td>
<td>Give 100% oxygen</td>
</tr>
<tr>
<td>Severe hypoxia</td>
<td>≤85%</td>
<td>Give 100% oxygen with positive pressure</td>
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</tbody>
</table>
**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