CLINICAL OBSERVATIONS

BLOOD PRESSURE

PULSE

TEMPERATURE & RESPS
BLOOD PRESSURE

- DEFINITION- The force of pressure exerted on the walls of blood vessels by the blood passing through it.
- VARIANCES- Time of day
  Posture
  Gender
  Age
BLOOD PRESSURE

- CARDIAC OUTPUT- 5 litres
- STROKE VOLUME- 60-80mls
- BLOOD VOLUME- Must be circulating in sufficient amounts
- PERIPHERAL RESISTANCE- Controlled by nerve and chemical impulses which respond to messages from the brain
BLOOD PRESSURE

- VENOUS RETURN - The amount of blood returned to the heart
- BODY POSITION - Gravity assists venous return
PULSE

- DEFINITION- A wave of distention and elongation felt in the artery following left ventricular contraction
- RATE- 72-80
- RHYTHM- Regular and rhythmical
- STRENGTH & TENSION- Soft and pliant
PULSE

- VARIANCES— Age
  Disease
  Body Temperature
  Stress
  Exercise
  Drugs
  Posture
PULSE

SITES FOR TAKING A PULSE-

Temporal
Carotid
Brachial
Radial
Femoral
Popliteal

Posterior Tibial
Dorsalis Pedis
TEMPERATURE

- DEFINITION- How hot or cold a body or environment is
- REGULATION- Radiation, conduction and convection
- HYPOTHERMIA- Below 35 c
- APREXIA- 35-37 c
- PYREXIA- Above 37 c
TEMPERATURE

- RECORDING SITES-
  - Oral
  - Axilla
  - Rectal
  - Tympanic
TEMPERATURE

- RECORDING INSTRUMENTS-
  - Glass Thermometers
  - Tympanic Thermometers
  - Chemical Disposable (Tempa Dots)
  - Electronic Probes
TEMPERATURE

VARIANCES-

- Hormones
- Age
- Exercise
- Drugs
- Food Intake
- Circadian Rhythms
RESPIRATION

- **DEFINITION** - The process of inhaling and exhaling air in and out of the lungs
- **NORMAL FUNCTION** - 10-15
- **REASONS FOR ABNORMAL FUNCTION** -
  - Upper Respiratory Disorders
  - Diseases of the Bronchi
  - Diseases of the Lungs
RESPIRATION

- VARIANCES- Age
  - Emotion
  - Elasticity of the Lungs
  - Fever
  - Pain
  - Resistance in Air Passages
  - Chemical/Neurological
EARLY WARNING SCORE

- TPR CHART - Variance from the normal clinical range
SUMMARY

- Abnormal Clinical Observations are an early indicator of a deteriorating patient.
- Although a basic skill, their importance should never be underestimated.
- Always report any abnormality.