

JOB ROLE: GENERAL DUTY ASSISTANT

Sector- Health Care

(Qualification Pack Code: HSS/Q5101)



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UNIT 2: ROLE OF GENERAL DUTY ASSISTANT FOR OUT- PATIENT CARE

Session 2: Identifying Vital Signs in Patient

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Session Objectives

The student will be able to:-

Explain various vital signs and their Identification

Measure pulse and respiration rate

Take Temperature and Blood Pressure

Vital Signs in Patient

- Vital signs indicate most basic physiological and psychological functions of body.
- Body temperature, pulse rate, respiration rate and blood pressure are the four vital signs of life.
- Useful in detecting or monitoring medical problems of human body.

1. Body Temperature Measurement

- Wash hands properly.
- Select appropriate equipments
- Introduce self and describe the procedure to the patient.
- Shake the glass thermometer to lower the chemical to $< 96^{\circ}$ or switch on the power button of the electronic thermometer.

1.a Taking Oral Temperature

1. Keep the clean thermometer tip in the patient's posterior sublingual pocket of the oral cavity.
2. Place it there for at least 3-5 minutes.
3. Take out the thermometer and wipe it with tissue to read the calibrations accurately.



Cont...

1.a Taking Oral Temperature

4. Read the temperature by rotating it slowly to view chemical(Hg) level.
5. Read to the nearest tenth of a degree or see the digital display on an electronic thermometer.
6. Record the reading.

1.b Taking Rectal Temperature

1. Place the patient with upper knee flexed in Sim's position.
2. Cover the patient to expose only anal area.
3. Wear gloves
4. Prepare the thermometer and lubricate its tip with water or Vaseline.
5. Hold the thermometer using the dominant hand, and separate the buttocks to expose anus.

Cont..

1.b Taking Rectal Temperature

6. Ask the patient to inhale.
7. Insert the thermometer or probe gently into anus (infant - $\frac{1}{2}$ inch, adult- $1 \frac{1}{2}$ inches).
8. Continue the procedure if there is no resistance by holding in place for 1 minute.
9. Wipe secretions on the glass thermometer with tissue and dispose of tissue.
10. Note down the temperature and document the reading.

c) Taking an Auxiliary Temperature

1. Take patient's permission to gain access to the auxiliary area (i.e. area under the armpit).
2. Remove gown from one side of the shoulder.
3. Wipe the axillaries area to make it dry.
4. Place the thermometer or probe into centre of axilla for five minutes.
5. 5. Keep patient's arm straight down and place the fore arm across the patient's chest.
6. 6. Remove the thermometer and read the calibration accurately.

Cleaning the Thermometer

- Shake thermometer down
- Clean the reusable thermometer with soapy cold water or alcohol wipe in a twisting motion.

OR

- Push power button
- Discard disposable cover on electronic thermometer.
- Keep it in the appropriate storage container.
- Wash

2. Measuring Pulse Rate

1. Press firmly but gently on the arteries using first and second finger tips until you feel a pulse.
2. Count pulse for 60 seconds (or for 15 sec.)
3. If counted for 15 sec. then, multiply by four to calculate beats per minute.
4. Concentrate more on beats of the pulse than on time.



3. Measuring Respiration Rate

- Respiration rate indicates number of breaths per minute.
- The rate is taken by counting the number of breaths (or the chest movements) for one minute in rest position of the person.
- Rate of respiration may vary in many conditions like fever, illness, and with other medical conditions.
- Also note if person has any difficulty in breathing.
- Normal respiration rate for an adult person ranges from 12 to 16 breaths per minute.

4. Measurement of Blood Pressure

1. Ask the patient to take rest for 3 to 5 minutes without talking.

2. Seat the patient on comfortable chair with legs and ankles uncrossed.

3. Flex patient's arm at the elbow and place it on a table to raise its level with heart.

4. Wrap the cuff around the upper part of arm above the antecubital fossa.

5. Take blood pressure readings



Normal Value of Vital Signs

Vital Signs	Normal Value	High	Low
Temperature	37.0 C / 98.6 F	Hyperthermia	Hypothermia
Pulse	60 to 90 beats/ min.	Tachycardia	Bradycardia
Respiration	12 to 16	Tachypnoea	Bradypnoea
Blood Pressure	120/80 mm/hg	Hypertension	Hypotension

Summary

In this session, we learnt about following points:-

- Body temperature, pulse, respiration and blood pressure are the four vital signs that indicate body's most basic functions.
- Body temperature (37° C) can be measured by thermometer via oral, auxiliary and anal route.
- Pulse rate (60-90 beats/min.) or heart rate measured by pressing finger over wrist arteries for 60 seconds.
- Respiration rate (12-16 breaths/min.) by observing number of breathing/minute and blood pressure by sphygmomanometer at resting position.

Assignment

- Visit a hospital and observe the procedure and fill any five patient's information:-

Patient	Temperature	Pulse	Respiration	Blood Pressure
1				
2				
3				
4				
5				

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NCERT

Thank You

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