

CHECKING THE VITAL SIGNS



Position the patient properly and make sure they have not consumed alcohol, tobacco or **exercised** in the last 30 minutes.



To **assess** the **pulse**, properly **palpate** the radial artery.



Count the pulsations for 15 seconds and multiply this number by 4 to find **beats** per minute.



Do not inform the patient when you start assessing respiration. Count the **breaths** for 30 seconds and multiply this number by 2.



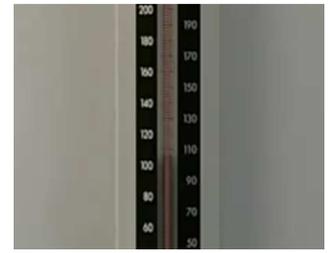
To measure **blood pressure**, place the **cuff** just above the **elbow**.



Support the patient's **arm** at **heart** level.



Place the diaphragm of your stethoscope over the **brachial** artery.



You can now measure the **systolic** and **diastolic** pressure.

(to) position	positionner
(to) exercise	faire de l'exercice
(to) assess	évaluer
pulse	pouls
(to) palpate	palper
(to) count	compter
beat	battement
breath	respiration
blood pressure	tension artérielle
cuff	brassard
elbow	coude
(to) support	soutenir
arm	bras
heart	cœur