

Pulse

Rate Ranges (bpm)

Normal (At Rest)	Abnormal
☞ Adults: 60-100 bpm	☞ Tachycardia: Above normal
☞ Children: 90-120 bpm	☞ Bradycardia: Below normal
☞ Infants: 120-140 bpm	

Rhythm (Regularity)

Normal (At Rest)	Abnormal
☞ Sinus Rhythm: 'Regular'/even spaces between beats	☞ Arrhythmia: 'Irregular'/uneven spaces between beats

Volume (Beat Strength)

Strong	Normal	Weak
☞ 'Full & bounding'	☞ 'Normal' strength	☞ 'Weak & thready'

Blood Glucose Measurement

Normal BGL Range

☞ 3.5-8 mmol/L

Abnormal BGL Ranges

Hyperglycaemia	Hypoglycaemia
☞ BGL above 8 mmol/L	☞ BGL below 3.5 mmol/L
☞ Treatment: Insulin	☞ Treatment: Sugar (fluid or gel)

Blood Pressure

☞ Unit: mmHg

Blood Pressure Ranges

Normal (At Rest)	Abnormal
☞ Systolic: 100-120 mmHg	☞ Hypertension: High BP
☞ Diastolic: 60-80 mmHg	☞ Hypotension: Low BP

Respirations (R or RR)

Normal Rate (No. Breaths/Min)

- ☞ Adults: 12-20 (16 average)
- ☞ Children: 20-28 (22 average)

Rhythm (Regularity)

☞ Normal or irregular

Depth (Breath Deepness)

☞ Shallow, normal or deep

Sounds

- ☞ Normal: None
- ☞ Abnormal: Wheezing, bubbling, crackling and/or stridor

O₂ Saturations

☞ Oxygen % in area of measurement

O₂ Saturation Unit: SpO₂

O₂ Saturation Ranges

- ☞ Normal: 97-100%
- ☞ Low: 90-96%
- ☞ Critical: 89% and below

Temperature

Temperature Ranges

- ☞ Normal: 36°C - 37.4°C
- ☞ Low: Below 35°C
- ☞ High: 38°C and above

Low Temperature

☞ Name: Hypothermia

- ☞ Causes: Shock, liver/kidney disease, extreme cold, hyperthyroidism

High Temperature

☞ Name: Hyperthermia, pyrexia or febrile

- ☞ Causes: Infection, heat stroke, virus

