

## Health - Vital Signs Cheat Sheet

by Autumn (Autumn) via cheatography.com/145676/cs/31996/

Pulse		
Rate Ranges (bpm)		
Normal (At Rest)	Abnormal	
r Adults: 60-100		
bpm	Above normal	
r Children: 90-120	🖒 Bradycardia:	
bpm	Below normal	

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

Volume (Beat Strength			
Strong	Normal	Weak	
⟨→ 'Full & bounding'	Û	Û	
	'Normal'	'Weak	
	strength	&	
		thready'	

## **Blood Glucose Measurement**

## Normal BGL Range

## Abnormal BGL Ranges

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

Blood Pressure			
Blood Pressure Ranges			
Normal (At Rest)	Abnormal		
Systolic: 100-120			
mmHg	High BP		
☼ Diastolic: 60-80			
mmHg	Low BP		
Respirations (R or RR)			
Normal Rate (No. Breaths/Min)			
<b>☆ Adults:</b> 12-20 (16 average)			
Children: 20-28 (22 average)			

Rhythm (Regularity)
🖒 Normal or irregular
Depth (Breath Deepness)
🖒 Shallow, normal or deep
Sounds
r Normal: None

O₂ Saturations
☼ Oxygen % in area of measurement

Abnormal: Wheezing, bubbling,

crackling and/or stridor

O<sub>2</sub> Saturation Unit: SpO<sub>2</sub>

O₂ Saturation Ranges		
<b>♦ Normal:</b> 97-100%		
<b>tc Low</b> : 90-96%		
Critical: 89% and below	1	

Temperature **Temperature Ranges ♦ Normal:** 36°C - 37.4°C **Low**: Below 35°C Low Temperature **High Temperature** Name: Hypoth-Name: ermia Hyperthermia, pyrexia or febrile Causes: Shock, Causes: Infection, liver/kidney heat stroke, virus disease, extreme cold, hyperthyroidism

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