

### 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

### O<sub>2</sub> Saturations

☞ Oxygen % in area of measurement

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

#### O<sub>2</sub> 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



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Not published yet.  
 Last updated 26th May, 2022.  
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