



SNS COLLEGE OF NURSING

SARAVANAPATTI (p.o), Coimbatore-35



COURSE : I Year Bsc Nursing

FOUNDATION OF NURSING

UNIT VII:- Vital signs

Topic : Introduction about vital signs

INTRODUCTION

A healthy human body is able to self – regulate through homeostasis , which is the body’s natural ability to maintain a stable internal environment by correcting abnormal conditions and balancing bodily processes. Vital signs are indicators of the body’s ability to maintain homeostasis.



WHAT ARE VITAL SIGNS?

- ✓ Temperature
- ✓ Pulse
- ✓ Respirations
- ✓ Blood pressure
- ✓ Oxygen saturation
- ✓ Pain (considered the
6 th vital sign)



WHEN TO MEASURE VITAL SIGNS?

- ✓ On admission to health care facility
- ✓ In a hospital on regular hospital schedule or as ordered
(q8 hours , q4 hours , etc)
- ✓ Before and after procedures (surgery , invasive diagnostic procedures , medications)
- ✓ Before , during , and after blood transfusions
- ✓ When patient's general condition changes
(nursing judgement)



GUIDELINES FOR TAKING VITAL SIGNS

- Taken by nurse giving care
- Equipment should be in good condition
- Know baseline vital signs and normal range for patient and age group
- Know patient's medical history
- Minimize environmental factors



GUIDELINES FOR TAKING VITAL SIGNS

- Be organized in approach
- Increase frequency of vital signs as condition worsens
- Compare vital signs readings with the whole picture
- Record accurately
- Describe any abnormal vital signs.



- ❖ These findings are governed by vital signs and often reveal even the slightest deviation from the normal body functions.
- ❖ The changes in the condition of the client, improvement or regression may be detected by the observation of these signs.
- ❖ Significant variations in these findings may indicate problems related to insufficient consumption of oxygen, blood depletion , electrolyte imbalance , bacterial invasion and other problems.

IMPORTANCE OF TAKING VITAL SIGNS

- ❖ Through these signs, specific information may be obtained that it will help in the diagnosis of disease , the result of treatment, medications and nursing care.
- ❖ Even the client's emotional state may also cause a significant variation in the symptoms.
- The normal body temperature is 98.°F or 37°C in adults.
- The normal pulse is 72/minute in adult
- The normal respiration is 16/minute in adults.
- The normal blood pressure is 120/80 mm of Hg in adults.



ASSESSMENT

1. What is vital signs?

Ans.

2. When to check vital signs?

Ans.

3. What are the guidelines to check vital signs?

Ans.

4. Explain the importance of taking vital signs?

Ans.



References

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THANK YOU