

The background of the image is a spiral-bound notebook with a light beige, textured cover. The spiral binding is visible on the left side, with the wire looping through a series of holes. The text is centered on the page.

TEMPERATURE, PULSE, RESPIRATIONS

Abbreviated: TPR

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TEMPERATURE

**The measurement of core body
heat**

ROUTES TO MEASURE TEMPERATURE

- **Oral: By mouth**
- **Rectally: By rectum**
- **Axillary: Under the arm in the armpit**
- **Aural/Tympanic: In the ear**
- **Temporal: Temporal artery in the forehead**

TYPES OF THERMOMETERS

- **Digital Electronic:** To be used for oral, rectal, and axillary
- **Thermoscan - Digital:** To be used for tympanic
- **Mercury or glass:** To be used for oral, rectal, and axillary

NORMS

- **Orally: 97.6 - 99.6 degrees Fahrenheit**
- **Rectally: 99.6 - 100.6 degrees Fahrenheit**
- **Tympanic - manufacturers say to measure as for rectal**
- **Axillary: 96.6 - 98.6 degrees Fahrenheit**

WHAT THERMOMETER SHOULD BE USED?

- **Tympanic:** Special device with plastic covers.
- **Electronic:** All routes. Probes that are red in color for rectal temperatures; blue in color for oral and axillary.
- **Mercury:** All routes. Red ends are rectal; blue ends oral and axillary.

DURATION FOR TAKING TEMPERATURES

- **Tympanic:** As long as it takes to push a button
- **Electronic:** Until the thermometer beeps
- **Mercury Oral:** Three minutes
- **Mercury Rectal:** Three minutes
- **Mercury Axillary:** Ten minutes

BE CAREFUL ON RECTAL AND AXILLARY TEMPS

- **Always hold the thermometer in place while measuring both temperatures**
- **Always use lubricant with rectal temperatures**
- **Always remove clothing around axilla**

READING THE THERMOMETER

- Mercury Fahrenheit thermometers are read by degree and 0.2 of a degree
- Long lines indicate degrees
- Short lines indicate 0.2 of a degree
- Four short lines between each long line (0.2, 0.4, 0.6, 0.8)

PULSE

The wave of blood created by the heart pumping, that travels along the arteries.

FIND WHERE TO PULSES

- **At points where the artery is between finger tips and a bony area**
- **Called pulse points**
- **Felt with 2-3 fingers, but never the thumb**

PULSE POINTS AND THEIR LOCATIONS

- **Temporal**
- **Carotid**
- **Apical**
- **Brachial**
- **Radial**
- **Femoral**
- **Popliteal**
- **Dorsal Pedalis**

HOW TO MEASURE?

- **Measured in beats per minute**
- **Count the waves for 60 seconds**
- **Or, count the waves for 30 seconds - multiply by 2**

NORMS

- **Pulse norms are 60 - 100 beats per minute**
- **Pulses between 90 - 100 are in a gray area - high normal**
- **Faster than 100 - tachycardia**
- **Slower than 60 - bradycardia**

QUALITY OF PULSE

- **Rhythm:** regular or irregular
- **Rate:** Within the normal limits
- **Strength:** Strong, bounding, thready

WHAT AFFECTS PULSE RATES AND QUALITY

- **Body Temperature**
- **Emotions**
- **Activity Level**
- **Health of the Heart**

RESPIRATION

**The mechanical act of breathing in
air (inspiration) and expelling air
(expiration) from the body**

RESPIRATION

- Measured in breaths per minute
- Normal range is 12 - 24 breaths per minute
- Greater than 24 is tachypnea
- Less than 12 is bradypnea
- Watch for rate, depth, quality of breath, and difficulty in breathing

METHOD OF MEASURING TPR

- If using a mercury thermometer, measure the pulse and respiration while waiting for the temperature
- If using another method of measuring the temperature, complete the temperature - then measure the pulse and respiration
- Keep you fingers on the pulse while measuring the respiration

CHARTING

- **Chart in order temperature - pulse - respiration.**
- **Do not write T =, etc.**
- **Write (Ax) after axillary temperatures**
- **Write (R) after rectal temperatures**

ABBREVIATIONS

- **SOB** - Short of breath
- **TPR** - Temperature, pulse, and respiration
Within normal limits
- **P.O.** - By mouth
- **BID** - Twice a day
- **TID** - Three times a day
- **QID** - Four times a day
- **QS** - Every shift
- **QD** - Every day
- **PRN** - As needed
- **Ad Lib** - At liberty
- **B/P** - Blood Pressure
- **VS** - Vital Signs

ABBREVIATIONS

- SOB
- TPR
- WNL
- PO
- BID
- TID

- QID
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- **At liberty**
- **Blood Pressure**
- **Vital Signs**

TERMS

- **Eupnea - Normal breathing**
- **Orthopnea - Sitting upright to breath more easily**
- **Apnea - No breath**
- **Hyperpnea - Fast, deep breathing**
- **Tachypnea - Fast, shallow breathing**
- **Bradypnea - Slow breathing**
- **Dyspnea - Painful or difficult breathing**
- **Tachycardia - Pulse rate in excess of 100 bpm**
- **Bradycardia - pulse rate less than 60 bpm**

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- Pulse rate in excess of 100 beats per minute
- Fast, shallow breathing
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TERMS

- **Bounding pulse - excessively strong pulse**
- **Thready pulse - Pulse rate difficult to palpate because the heart is not beating hard enough to produce a strong wave of blood. Feels as though there is a piece of thread running under the fingertips.**

TERMS

- **Bounding pulse**

- **Thready pulse**

TERMS

- **Excessively strong pulse**
- Pulse difficult to palpate because heart not beating heard enough