# How to count respirations

- Usually done while checking pulse
- Count for 30 seconds, multiply by 2
- If breathing seems irregular, count for a full minute
- Pick either inhalation or exhalation, count one for each time that event occurs
- Again, do NOT let patients know you are counting

### **How To Take Respirations Manually**

**Frances Howorth, Michael Howorth** 

#### **How To Take Respirations Manually:**

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