

# Measuring Vital Signs Outline/Study Guide

## I. Key Concepts

- ✓ To understand the importance of accurately measuring, interpreting, and documenting vital signs, you must understand the concepts of Oxygenation, Perfusion, Thermoregulation, and, finally, Vital Signs and what they represent.

## II. What are Vital Signs?

- ✓ Temperature, pulse, respiration, blood pressure, pain, oxygenation, and a patient's emotional distress indicate a person's physiological functioning and health.
- ✓
- ✓ A patient's baseline vital signs measurement is patient-specific; therefore, they do not guarantee a person's overall well-being; we must consistently refer to a patient's baseline whenever there is a change and consider the context of when the vital signs are taken.

### 1. List when vital signs should be measured.

On admission

At the beginning of a shift

A visit to the healthcare provider's office or clinic

Before, during, and after surgery or diagnostic procedures

To monitor the effects of medications or activities, including blood transfusions

Whenever there is a change in a patient's condition

### 2. List the commonly used frequencies for taking vital signs.

Agency policies also determine the frequency of monitoring and recording vital signs.

In most hospitals, once every four hours

In the home health setting, at each visit

In the clinic at each visit

In skilled nursing facilities, also known as convalescent hospitals, weekly to monthly

### 3. How are normal and abnormal vital signs documented?

On the facility required flowsheet, with a nurse's note r/t any abnormal findings  
abnormal vital signs, the note must include associated symptoms and any interventions taken along with the results of the intervention.

# Measuring Vital Signs Study Guide Answer Key

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