

# Midwife's Assistant Resource Guide: Vital Signs



## PULSE

### STEPS TO TAKE PULSE MANUALLY:

1. TAKE THE PADS/TIPS OF YOUR INDEX (POINTER) FINGER AND MIDDLE FINGER.
2. PRESS THEM GENTLY AGAINST THE SIDE OF YOUR NECK (JUST UNDER YOUR JAWLINE). ...
3. COUNT THE NUMBER OF BEATS YOU FEEL FOR 15 SECONDS. ...
4. MULTIPLY THE NUMBER OF BEATS BY 4.
5. THAT NUMBER IS YOUR HEART RATE.



## RESPIRATION

### STEPS TO TAKE RESPIRATION MANUALLY:

1. TAKING YOUR RESPIRATORY RATE WHILE SITTING UP IN A CHAIR OR IN BED IS BEST.
2. CALM YOUR THOUGHTS AND BREATHE NORMALLY.
3. MEASURE YOUR BREATH RATE BY COUNTING THE NUMBER OF TIMES YOUR CHEST OR ABDOMEN RISES OVER THE COURSE OF ONE MINUTE.
4. RECORD THIS NUMBER.



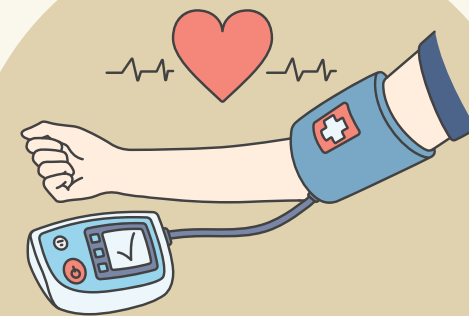
## Temperature

### STEPS TO TAKE TEMPERATURE:

1. IN ADULTS A DIGITAL THERMOMETER IS BEST USING A TEMPORAL OR TYMPANIC TEMP. POINT THE THERMOMETER TO THE FOREHEAD & HOLD IT UNTIL IT BEEPS. OR PLACE THE TYMPANIC THERMOMETER IN THE EAR UNTIL THE BEEP AND DOCUMENT TEMP.

2. IF YOU'RE USING A GLASS THERMOMETER HOLD UNDER THE TONGUE FOR 3 MIN & DOCUMENT THE READING. BE SURE NO COLD LIQUIDS HAVE BEEN CONSUMED PRIOR TO READING,

FOR NEWBORNS AND INFANTS RECTAL TEMPERATURE IS THE MOST ACCURATE. HOWEVER, YOU CAN GET A VERY SIMILAR READING WITH A TEMPORAL THERMOMETER AS WELL.



## Blood Pressure

### STEPS TO TAKE BP MANUALLY:

1. PROPERLY EXPOSE THE CLIENTS ARM & POSITION THEM IN AN UPRIGHT RELAXED SITTING POSITION.
2. PLACE YOUR CUFF ON THEIR BARE ARM & ABOVE THE BEND OF THE ELBOW.
3. PALPATE THE ARTERY UNDER THE CUFF AND PLACE YOUR STETHOSCOPE FACE DOWN UNDER THE CUFF.
4. SQUEEZE THE PUMP RAPIDLY UNTIL GAUGE READS 30 POINTS ABOVE YOUR USUALY SYSTOLIC PRESSURE STOP PUMPING & LET THE PRESSURE FALL 2MM PER SECOND WHILE LISTENING TO HEART SOUNDS. NOTE WHEN YOU HEAR A HEART BEAT. THIS IS YOUR SYSTOLIC PRESSURE NOTE WHEN YOU NO LONGER HEAR SOUNDS, THIS IS YOUR DIASTOLIC PRESSURE.
5. REPEAT 1-2 MINUTES AFTER TO COMPLETE AGIN TO COMPARE ACCURACY.