

Clinical Guidelines for Monitoring Patient Vitals

Page 1: Overview of Vital Signs

Vital signs are crucial indicators of a patient's essential bodily functions.

The primary vital signs routinely monitored by medical professionals include:

1. **Temperature** - Normal range: 36.5°C to 37.5°C
2. **Heart Rate (Pulse)** - Normal range: 60 to 100 bpm
3. **Respiratory Rate** - Normal range: 12 to 20 breaths/min
4. **Blood Pressure** - Normal range: < 120/80 mmHg
5. **Oxygen Saturation (SpO2)** - Normal range: 95% to 100%

Each of these parameters helps in identifying the health status of a patient and early detection of medical problems.

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Page 2: Best Practices for Monitoring Vitals

Monitoring should be consistent, accurate, and documented properly.

- **Use calibrated equipment** to ensure precise readings.
- **Record vitals at regular intervals**, especially for critically ill patients.
- **Compare against baseline readings** for personalized evaluation.
- **Look for patterns or deviations** over time.
- **Communicate findings** with the healthcare team for timely interventions.

Abnormal vitals should always prompt further assessment, possibly including diagnostic tests or physician evaluation.