# FAST RESPONSE SCHOOL OF HEALTHCARE EDUCATION
# EMERGENCY MEDICAL TECHNICIAN
# EMT BASICS: LEARNING SHEET

## PULSE, RESPIRATIONS AND SKIN ASSESSMENT

**OBJECTIVE:** Student will demonstrate the ability to correctly obtain an accurate heart rate, respiratory rate and assessment of the skin

**EQUIPMENT:**
1. Digital watch or watch with a second hand
2. Stethoscope
3. Patient

## Pulse Rate:

| | |
|---|---|
| 1. | Takes body substance isolation precautions. |
| 2. | Locates peripheral pulse with at least two fingers (radial is most common). |
| 3. | Counts pulsations for 15 seconds and multiplies by four (4) (May also count for 30 seconds and multiply by two (2)). |
| 4. | Calculates and reports rate (accuracy must be within +/- 4 BPM of actual rate). |
| 5. | Reports quality (strength) and rhythm (regular, irregular). |

## Respiratory Rate:

| | |
|---|---|
| 1. | Takes body substance isolation precautions. |
| 2. | Watches or feels for the rise and fall of the chest / abdomen. |
| 3. | Counts respiratory for 15 seconds and multiplies by four (4) (May also count for 30 seconds and multiply by two (2)). |
| 4. | Calculates and reports rate (accuracy must be within +/- 4 RR of actual rate). |
| 5. | Reports quality (normal, shallow, labored, noisy) and rhythm (regular, irregular). |
| 6. | Auscultates lungs to determine tidal volume and lung sounds.<br>• 6 Locations on the back, 2 mid-axillary, 2-4 on front<br>• Always on Skin, never over bone. |
| 7. | Records and reports lung sounds. |

## Skin Assessment:

| | |
|---|---|
| 1. | Takes body substance isolation precautions. |
| 2. | Observes skin color (normal, pale, cyanotic, jaundice, etc.). |
| 3. | Feels skin temperature (normal, warm, cool, cold, hot). |
| 4. | Feels for condition of skin (normal, dry, moist, tenting) |
| 5. | Assesses capillary refill. |
| 6. | Reports skin color, temperature and condition. |

## CRITICAL CRITERIA

- Did not take or verbalize BSI
- Uses thumb to palpate pulse
- Did not find and palpate artery
- Did not determine HR within +/- 4 of actual rate
- Failure to manage the patient as a competent EMT
- Did not determine adequate tidal volume and lung sounds.
- Did not determine RR within +/- 4 of actual rate