SER No	CONTENT

LESSON PLAN

SECTION -4
PULSE , RESPIRATION AND TEMPERATURE TAKING AND RECORDING

Code - HN-3

Period - One

Type - Lecture

Term - II

Training Aids

1. OHP, Computer slides pointer, screen, black board and chalk.

Time Plan

2.	(a)	Introduction.	-	05 mins
	(b)	Qualities of a Nurse	-	35 mins
	(e)	Conclusion	-	05 mins

General

1. The patient's quick recovery depends very much on the efficient routine care by the nurse. Daily routine should be planned according to the patient's habits and followed regularly unless some sudden change in the patient's condition requires some adjustment.

Pulse

2. **Pulse**. The pulse is the heart beat and is most commonly felt at the radial on the point of the wrist . The average pulse rate is 72 beats per minute. In case of infants, is 100 to 140 beats per minute and in case of children 90 to 100 beats per minute.

3. **Taking Pulse**. The rate of the pulse changes with the change in emotions and while doing exercise. To count pulse, the patient should be made to sit down in bed. The arm must be relaxed and in a prone position. To take pulse, the tips of the first three fingers should be laid down on the radial artery at the base of the palm. The index finger should be nearest to the palm of the patient's hand. The thumb should be placed at the

	back of the hand. The pulse can be easily felt. Count beats in a minute keeping an eye on the second's hand in your watch. 4. The result should be immediately entered in the pulse column of the TPR Chart. **Respiration** 5. The inhalation and exhalation of a person is called respiration. It is rhythmical and quiet. The normal rate is 15 to 20 times a minute and can be counted by the heaving of the chest. It changes according to age. (a) Infants 30-40 per minutes. (b) Children 24-28 per minute. (c) Adults 15-20 per minute. 6. **Exercise and Emotional State Increases Respiration** (a) To check respiration correctly, count while keeping the fingers on the pulse so that the patient is not aware of it. (b) Any difficulty in breathing must be reported immediately. (c) While counting respiration, note rhythm, rate and depth of respiration. **Temperature** 7. **Temperature**. The normal temperature of a man is between 97° and 99° F. There is slight ½ ° F variation between the daily temperature in the morning and evening. The lowest temperature is between 2 AM and 4 AM. 222 8. **Measuring Temperature**. It is important to know how to measure temperature. The body temperature is taken by the clinical **thermometer** which is a device consisting of a bulb containing mercury and a glass tube which has a white bank to reflect the tiny mercury band. The range of the thermometer is 95° F to 110° F. The degrees are indicated by black lines. A figure is written after every 5°. An arrow indicates the normal level of temperature i.e 98.4° F. (a) Normal temperature by mouth is 98.4° F or 37° C. (b) By axilla or groin it is 1° F lower than by mouth. (c) By rectum, it is 1° F higher than by mouth. (d) Fahrenheit is changed to centigrade by the formula F-32° x 5/9 = C 9. **Method.** Keep the bulb of the thermometer pressed under the armpit or beneath the tongue or in the groin for 2 minutes. Take the reading and record in the temperature column of the TPR Chart

	Recording of TPR Chart 10. The TPR Chart is a morning and evening record of the patient's temperature, pulse and respiration with some other details such as the number of times the patient had motions and the amount of urine passed. This helps the doctor in learning about the latest condition of the patient at one glance.