

Aim ::

To analyse the body temp., pulse rate and blood pressure with the help of instrumented.

Reference ::

Chipa M.K., Human Anatomy and physiology,
Tain publication, Jaipur, 2009 edition, Page no - 5.1 to 5.26.

Requirement ::

- Thermometer, P
- Pulse meter,
- Sphygmomanometer.

Theory ::

Pulse :: Pulse is defined as "the presence of the blood pushing against the wall of an artery as the heart beats and rates.

Pulse sites ::

- Temporal - forehead
- Carotid - neck
- Brachial - inner, upper arm
- Radial - wrist.

Pulse Rate :- Number of beats per minute.

- Adults :- 60-90 bpm
- Children \rightarrow > 7 years \rightarrow 70-90 bpm
- Children \rightarrow 1-7 \rightarrow 80-110 bpm
- Infant \rightarrow \rightarrow \rightarrow 80-160 bpm

Bradycardia :- Pulse rate under 60 beats per minute.

Tachycardia \rightarrow Pulse rate greater than 100 beats per minute.

- Rate \rightarrow beats per minute.
- Rhythm \rightarrow regularity or spacing of beats.
- Arrhythmia \rightarrow irregular heartbeats / pulse.

Factors that increase the Pulse.

- | | |
|------------------|--------------------|
| • Exercise | • Fever |
| • Stimulant drug | • Shock |
| • Excitement | • Nervous tension. |

Factors that decrease the pulse.

- | | |
|-------------------|---------------------|
| • Sleep | • Heart disease |
| • Depressant drug | • Physical training |
| | • Coma. |

Apical Pulse :- Heartbeat taken by listening with a stethoscope over the apex of the heart.

Teacher's Signature _____

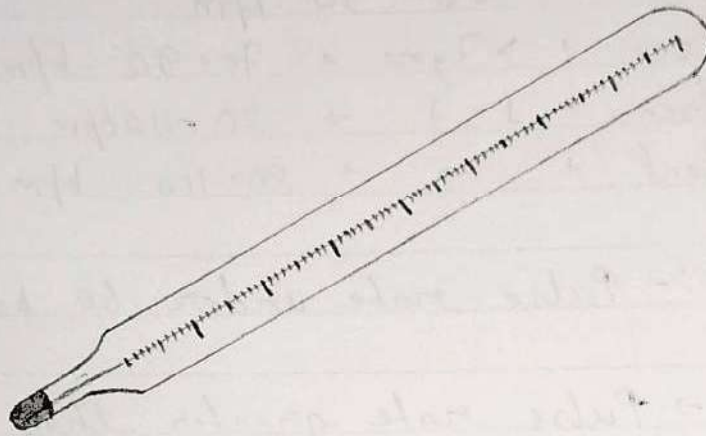


Fig :• Mercury Thermometer.

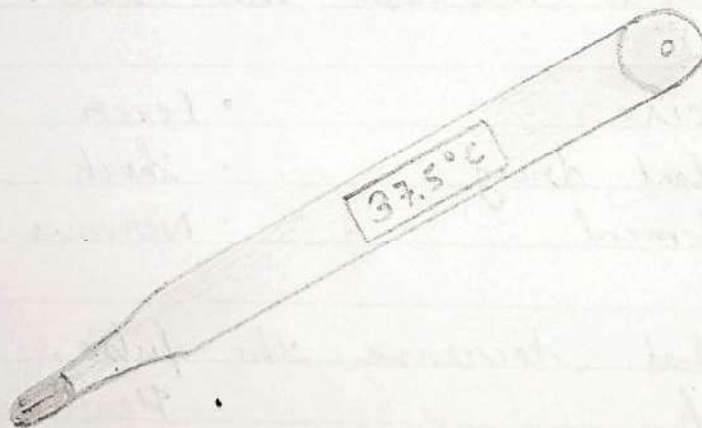


Fig :• Digital Thermometer..

Blood Pressure :-

Pressure created by the heart as it pumps blood through the arteries and the circulatory system.

Top number [Systolic] - Pressure while heart is resting b/w beats.

Normal blood Pressure $< 140/90$

High blood Pressure $> 140/90$

Blood Pressure measurement :-

- Sphygmomanometer
- Systolic pressure - Pressure when 1st sound is heard.
- Diastolic pressure - Pressure when last sound is heard.
- Unit of measurement of B.P. is mm Hg.
- Normal B.P. -
 - Systolic - 120 (100 - 140 mm Hg)
 - Diastolic - 80 (60 - 90 mm Hg)

Body Temperature :

A thermometer is the combination of two words and thermo stand for warm and meter stand for to measure.

- A thermometer is an instrument that measure the temp. of the system in a quantitative way.

Types of thermometer :-

- Mercury thermometer
- Digital thermometer
- Infrared thermometer.

Result:-

The analysis of the self.

Body temp. is - 37.2°C

Blood Pressure is - 11.5/70.5 mm/Hg.

Pulse rate is - 73 beats/minutes.