



Vocational Nursing Program

Reference Charts

Reference Chart for Healthy Adults	
Vital Sign or BMI	Normal Range
Pulse (P)	60-100 bpm
Respirations (R)	12-20 rpm
Temperature (T)	97.5 ⁰ – 99.5 ⁰ F
Blood Pressure (B/P)	90-120/60-80
Pain Level	0-10
Oxygen Saturation (O ₂ Sats)	90% - 100%
Body Mass Index (BMI)	18.5 – 24.9

Braden Scale Interpretation Chart	
RISK LEVEL	SCORE
No Risk	19-23
At Risk	15-18
Moderate Risk	13-14
High Risk	10-12
Severe Risk	6-9