



NORMAL RANGE OF VITAL SIGNS

IN THE HUMAN BODY

1-HEART RATE

THE NORMAL RANGE FOR:

INFANCY(BIRTH TO 1 YEAR) : 100 TO 160 (FIRST 30 MINUTES SETTLING AROUND 120 BPM)

TODDLER(12 TO 36 MONTHS) AND PRESCHOOL AGE (3 TO 5 YEARS) : 80 TO 130 BPM

SCHOOL-AGE CHILDREN(6 TO 12 YEARS):70 TO 110 BPM

ADOLESCENCE(13 TO 18) YEARS: 55 TO 105 BPM

EARLY ADULTHOOD(20 TO 40) YEARS:70 BPM AVERAGE

MIDDLE ADULTHOOD(41 TO 60)YEARS:70 BPM AVERAGE

LATE ADULTHOOD(61 YEARS AND OLDER): DEPENDS ON PATIENT'S AND OLDER)PHYSICAL AND HEALTH STATUS.

HOW TO MEASURE MANUAL BP:
ROLL UP SLEEVE ON RIGHT ARM
LOCATE PULSE POINT
PLACE THE CUFF ON THE ARM WITH THE CENTER
OVER THE PULSE POINT. JUST ABOVE THE ELBOW
PLACE THE DIAPHRAGM OF STETHOSCOPE OVER
THE PULSE POINT AND PUT THE BINAURALS OF THE
STETHOSCOPE IN YOUR EARS
INFLATE THE BLADDER QUICKLY UP TO 200
SLOWLY LET THE AIR OUT
NOTE THE FIRST SOUND, THIS IS THE SYSTOLIC
PRESSURE NOTE THE LAST SOUND, THIS IS THE
DIASTOLIC PRESSURE

2-RESPIRATORY RATE:

THE NORMAL RANGE FOR :

INFANCY (BIRTH TO 1 YEAR) : 40 TO 60 INITIALLY
30-40 AFTER FIRST FEW MINUTES, 20-30 BY ONE YEAR

TODDLER (12 TO 36 MONTHS) AND PRESCHOOL AGE (3 TO 5 YEARS): 20
TO 30

SCHOOL-AGE CHILDREN (6 TO 12 YEARS): 20 TO 30

ADOLESCENCE (13 TO 18) YEARS : 12 TO 20

EARLY ADULTHOOD (20 TO 40) YEARS: 16 TO 20 (12-20 NORMAL)

MIDDLE ADULTHOOD (41 TO 60) YEARS: 16 TO 20 (12-20 NORMAL)

LATE ADULTHOOD (61 YEARS AND OLDER): DEPENDS ON PATIENT'S
PHYSICAL AND HEALTH STATUS.

HOW TO MEASURE RESPIRATIONS:

THE RATE IS USUALLY MEASURED WHEN A PERSON IS AT REST AND
SIMPLY INVOLVES COUNTING THE NUMBER OF BREATHS FOR ONE
MINUTE BY COUNTING HOW MANY TIMES THE CHEST RISES.

3-PULSE:

THE NORMAL RANGE FOR :

INFANCY (BIRTH TO 1 YEAR): 70 AT BIRTH TO 90 AT 1 YEAR

TODDLER (12 TO 36 MONTHS) AND PRESCHOOL AGE(3 TO 5 YEARS): 170 TO 100 MMHG 80 TO 110 MMHG

SCHOOL-AGE CHILDREN (6 TO 12 YEARS): 80 TO 120 MMHG

ADOLESCENCE (13 TO 18) YEARS: 100 TO 120 MMHG

EARLY ADULTHOOD (20 TO 40) YEARS: 120/80 MMH AVERAGE

MIDDLE ADULTHOOD (41 TO 60) YEARS: 120/80 MMH AVERAGE

LATE ADULTHOOD (61 YEARS AND OLDER): DEPENDS ON PATIENT'S PHYSICAL AND HEALTH STATUS.

HOW TO MEASURE PULSE:

USING YOUR POINTER AND MIDDLE FINGER, PALPATE THE RADIAL ARTERY (BETWEEN RADIUS BONE AND TENDON) ON THE INNER WRIST CLOSEST THE THUMB AND APPLY PRESSURE UNTIL PULSE IS FELT. LISTEN FOR 30 X2 SECONDS AND AT LEAST 60 SECONDS IF ABNORMAL PULSE IS FOUND

4-TEMPERATURE :

THE NORMAL RANGE FOR :

INFANCY (BIRTH TO 1 YEAR):98-100

TODDLER (12 TO 36 MONTHS) AND PRESCHOOL AGE(3 TO 5 YEARS):96.8-99.6

SCHOOL-AGE CHILDREN (6 TO 12 YEARS):98.6

ADOLESCENCE (13 TO 18) YEARS: 98.6

EARLY ADULTHOOD (20 TO 40) YEARS: 98.6

MIDDLE ADULTHOOD (41 TO 60) YEARS: 98.6

LATE ADULTHOOD (61 YEARS AND OLDER): 98.6

HOW TO MEASURE TEMPERATURE:

TEMPERATURE CAN BE TAKEN BY MOUTH, AXILLARY, OR RECTALLY USING EITHER THE CLASSIC GLASS THERMOMETER, OR THE MORE MODERN DIGITAL THERMOMETERS THAT USE AN ELECTRONIC PROBE TO MEASURE BODY TEMPERATURE.

BLOOD PRESSURE CHART BY AGE

HOW DO I CHECK?

PEOPLE WITH DIABETES CHECK THEIR BLOOD GLUCOSE LEVELS BY POKING THEIR FINGERTIPS AND USING A BLOOD GLUCOSE METER OR A CONTINUOUS GLUCOSE MONITOR (CGM) TO MEASURE THE BLOOD GLUCOSE LEVEL AT THAT MOMENT. READ ON TO FIND OUT HOW TO USE A BLOOD GLUCOSE METER. TO FIND OUT MORE ABOUT CGMS, START BY TALKING TO YOUR DOCTOR.

HOW TO USE A BLOOD GLUCOSE METER:

- * AFTER WASHING YOUR HANDS, INSERT A TEST STRIP INTO YOUR METER.
- * USE YOUR LANCING DEVICE ON THE SIDE OF YOUR FINGERTIP TO GET A DROP OF BLOOD.
- * TOUCH AND HOLD THE EDGE OF THE TEST STRIP TO THE DROP OF BLOOD AND WAIT FOR THE RESULT.
- * YOUR BLOOD GLUCOSE LEVEL WILL APPEAR ON THE METER'S DISPLAY.

THE MIN RANGE FOR:

1 TO 12 MONTHS: 75/50

1 TO 5 YEARS: 80/55

6 TO 13 YEARS: 90/60

14 TO 19 YEARS: 105/73

20 TO 24 YEARS: 108/75

25 TO 29 YEARS: 109/76

30 TO 34 YEARS: 110/77

35 TO 39 YEARS: 111/78

40 TO 44 YEARS: 112/79

45 TO 49 YEARS: 115/80

50 TO 54 YEARS: 116/81

55 TO 59 YEARS: 118/82

60 TO 64 YEARS: 121/83

THE NORMAL RANGE FOR:

1 TO 12 MONTHS: 90/60

1 TO 5 YEARS: 95/65

6 TO 13 YEARS: 105/70

14 TO 19 YEARS: 117/77

20 TO 24 YEARS: 120/79

25 TO 29 YEARS: 121/80

30 TO 34 YEARS: 122/81

35 TO 39 YEARS: 123/82

40 TO 44 YEARS: 125/83

45 TO 49 YEARS: 127/84

50 TO 54 YEARS: 129/85

55 TO 59 YEARS: 131/86

60 TO 64 YEARS: 134/87

THE MAX RANGE FOR:

1 TO 12 MONTHS: 110/75

1 TO 5 YEARS: 110/79

6 TO 13 YEARS: 115/80

14 TO 19 YEARS: 120/81

20 TO 24 YEARS: 132/83

25 TO 29 YEARS: 133/84

30 TO 34 YEARS: 134/85

35 TO 39 YEARS: 135/86

40 TO 44 YEARS: 137/87

45 TO 49 YEARS: 139/88

50 TO 54 YEARS: 142/89

55 TO 59 YEARS: 144/90

60 TO 64 YEARS: 147/91