

# SIGNS AND SYMPTOMS



# What is a Symptom?

It is when the body feels some discomfort this can be caused by an illness or a blow, it can occur anywhere in the body.

The symptoms can only be described by the person feeling them. If you are having, no one knows unless you tell them.

# What is a sign?

They are all the manifestations that are observed in a medical examination, that is to say in the physical examination that is carried out on the patient.

The most important signs of all are called vital signs.

Vital signs include your breathing rate, heart rate (pulse), temperature, and blood pressure.

Vital signs also can include other measurements such as pulse oximetry

# Why people usually confuse signs and symptom?

Many times why the signs indicate symptoms and therefore people may become confused. Some examples are mentioned below:

- She must feel itchy (it's a symptom)
- People vomit (it's a sign)
- When they are feeling nauseated (it's a symptom)
- Is your daughter scratching her arm ( it's a sign)

# Show some examples about each one using pictures?

## BLOOD PRESSURE:

it is the force of the blood pressing against the walls of the artery. When the blood pressure is high when the heart beats, pumping the blood. It is called systolic pressure and when the heart is at rest it is called diastolic pressure.

Normal ranges of blood pressure are: 90/80 mm Hg up to 120/80 mm Hg.



# BREATHING

Breathing is the process by Which living things exchange gases with the external environment. This consists of the entrance of oxygen and the exit of carbon dioxide.

Normal breathing ranges are: 12-18 breaths per minute.



# PULSE

It is the frequency at which the heart beats. It is generally known as heart rate is the number of times the heart beats per minute. You can also observe the rhythm and strength of the heartbeat.

Normal signs of pulse are: 60 to 100 beats per minute.



# TEMPERATURE

It is the measure that the body has of heat or cold, it is associated with the metabolism of the human body, its function is to keep biological processes active, this temperature varies according to the person, age, activity and time of day.

Normal temperature values are: 97.8 °F to 99.1 °F (36.5 °C to 37.3 °C) average of 98.6 °F (37 °C).

