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Simbología de los signos vitales

* PRESSURE

It measures the force of blood against the walls of the arteries each heartbeat. Normal blood pressure in healthy adults is 120 to 80 mm Hg, But this varies from person to person.

- High blood pressure, also known as hypertension, is diagnosed when blood pressure is 130/80 mm Hg or higher.
- Hypertension can be grade 1 or 2, depending on blood pressure values.
- Some risk factors that promote the appearance of hypertension are: Unhealthy diet, Sedentary lifestyle, Obesity

* FREQUENCY CARDIAC

The number of times the heart beats is one minute of the normal pulse between 60-81 beats per minute and there it can be measured indirectly by the

- The best places to feel the pulse are the wrist, inside of the elbow, side of the neck, and top of the foot. The radial pulse is the most common for identifying the characteristics of the pulse.
- During exercise, the heart rate can increase to 150-200 beats per minute. During sleep, it can drop to 60 beats per minute.

* RESPIRATORY FREQUENCY

It measures the amount of breathing a person does per minute and the normal respiratory rate of a healthy adult who breathes between 12 and 20 breaths per minute.

- Respiratory rate can be measured by counting the number of breaths taken in one minute.
- Your breathing rate may increase when you exercise, have a fever, are sick, or have other medical conditions.

* TEMPERATURE

It measures the body's general capacity or ability to handle heat. Normal body temperature can vary between 36.5 C and 37.2 C in a healthy adult.

- Most important points for temperature:
Celsius,
Fahrenheit
and Kelvin.