



“Semiology of vital signs”

MARTÍNEZ YONG MARÍA JOSÉ

Dr. Arreola Enrique Eduardo

UNIVERSIDAD DEL SURESTE

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SEMIOLOGY OF VITAL SIGNS

They are expressions of life that manifest themselves in constant processes of the individual and allow health personnel to evaluate the functioning of the different devices and systems of the human organism.

BLOOD PRESSURE

Measurement of the hydrostatic force of blood on arterial walls, which results from the pumping function of the heart, blood volume, resistance of the arteries to flow, and diameter of the arterial bed.

- Optimal : $<120 <80$
- Normal blood pressure: 120 to 129 80 to 84
- Border blood pressure :130 to 134 85 to 89
- Hypertension 1: 140 to 159 90 to 99
- Hypertension 2: 160 to 179 100 to 109
- Hypertension 3: $> 180 > 110$
- Isolated systolic hypertension: $> 140 < 90$

Body temperature measurement (axillary)

Physical magnitude that can be determined by a thermometer and that objectively characterizes the degree of body heat.

- Hyperthermia: $\geq 40^{\circ}\text{C}$.
- Febrile: from 38°C to 39.9°C .
- Feverish: from 36°C to 37.9°C .
- Hypothermia: $\leq 35.5^{\circ}\text{C}$.

PULSE RATE

Number of beats per minute (bpm).

- Sinus tachycardia: heart rate that does not exceed 160 beats per minute.
- Paroxysmal tachycardia: begins suddenly and the rate is above 160 beats per minute.
- Sinus bradycardia: the heart rate ranges between 40 and 60 beats per minute.
- Bradycardia due to complete atrioventricular block: presents with pulsations between 30 and 35 beats per minute.

RESPIRATORY RATE

Number of complete breathing cycles, inspiration followed by expiration, that you perform one person in one minute, observing thoraco-abdominal movements according to age that accompany each breath.

- Frequency: number of breaths per minute in the newborn is 30 to 50 and in the adult from 12 to 16 (above tachypnea; below bradypnea).
- Rhythm: regular and irregular.
- Depth: superficial, deep.
- Abnormal noises: wheezing, stridor, murmurs, snoring and rales.

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