Chapter 24: Measuring Height, Weight, and Vital Signs

Counting Respirations			
	Name:		
	Date:		
Remember to promote:			
Dignity • **I**ndependence • **I**ndividualized Care • **P**references • **P**rivacy • **S**afety			
Procedure	**S**	**U**	**Comments**
1. Continue to hold the client's wrist after taking the radial pulse.			
2. Do not tell the client you are counting respirations.			
3. Begin each count when the chest rises and end when the chest falls. Count each rise and fall of the chest as one respiration.			
4. Note the following:			
□ If respirations are regular			
□ If both sides of the chest rise uniformly			
□ The depth of the respirations			
□ If the client has pain or difficulty breathing			
5. Count the respirations for 30 seconds. Multiply the number by two. Follow your employer's policy.			
6. Count respirations for 1 minute if they are abnormal or irregular.			
7. Record respiratory rate and other observations on your notepad or assignment sheet.			
Post-Procedure	**S**	**U**	**Comments**
8. Provide for safety and comfort.			
9. Place the call bell within reach.*			
10. Perform hand hygiene.			
Report and Record your actions, the time of day you took the respirations, and your observations, according to employer policy.			
**Steps marked with an asterisk may not apply in community settings.*			

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