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## Pulse rate measurement pdf

Your heart rate is the speed at which your heart beats. Your heart rate is usually called your heart rate, the number of times your heart beats every minute (bpm). But the rhythm and strength of the heartbeat can also be noted, as well as whether the blood vessel feels hard or soft. Changes in your heart rate or rhythm, a weak pulse, or a hard blood vessel may be caused by heart disease or some other problem. As your heart pumps blood through your body, you feel a pulsating in some of the blood vessels close to the surface of the skin, such as in your wrist, neck, or upper arm. Counting your heart rate is an easy way to figure out how fast your heart is beating. Your doctor will usually check your wrist during a physical examination or in an emergency, but you will easily learn to check your own wrist. You give your wrist the first thing in the morning, just after you wake up, but before you get out of bed. This is called a resting pulse. Some people want to check their wrist before and after they exercise. You monitor your heart rate by counting the beats in a given period (at least 15 to 20 seconds) and multiply that number to get the number of beats per minute. Your wrist changes from minute to minute. It will be faster if you have sports, fever or are under stress. It'll be slower when you rest. Your wrist is checked for: See how well the heart works. In an emergency, your heart rate can help to find out if the heart is pumping enough blood. Help to find the cause of symptoms, such as an irregular or rapid heartbeat (palpitations), dizziness, fainting, chest pain, or shortness of breath. Check for blood flow after an injury or when a blood vessel can be blocked. Check medicines or diseases that cause a slow heart rate. Your doctor may ask you to check your pulse every day if you have heart disease or if you are taking certain medicines that may slow your heart rate, such as digoxin or beta blockers (such as atenolol or propranolol). Check your overall health and fitness level. Checking your heart rate at rest, while exercising, or immediately after vigorous exercise can give you important information about your overall fitness level. All you need to check your wrist is a watch with a second-hand or a digital stop watch. Find a quiet place, where you sit down and are not distracted when you learn to check your wrist. You measure your heart rate anywhere an artery comes close to the skin, such as in your wrist or neck, temple area, groin, behind the knee, or the top of your foot. You simply check your wrist on the inside of your wrist, under your thumb. Carefully place 2 fingers of your other hand on this artery. Don't use your thumb because it has its own wrist that you feel. Count the beats for 30 seconds; then double the result to the number of beats minute. You also have your wrist in the carotid artery. This is located in your neck, on either side of your trachea. Be careful when when your pulse at this location, especially if you are over 65. If you press too hard, you will stand lightly in the head and fall. You buy an electronic pulse meter to automatically check your wrist in your finger, wrist or chest. These devices are useful if you have trouble measuring your wrist or if you want to check your wrist while you exercise. Checking your wrist should not cause pain. Checking your wrist should not cause any problems. Be careful when checking your wrist in your neck, especially if you are over 65. If you press too hard, you will stand lightly in the head and fall. Call your doctor if you have any of the following symptoms: An irregular or rapid heartbeat (palpitations). Palpitations can be persistent or can come and go (episodic). Chest pain Dizziness Fainting Lightness Shortness of Breath Talk to your doctor if you have a fast heartbeat, a lot of skipped or extra beats, or if the blood vessel where you control your pulse feels hard. Your heart rate is the speed at which your heart beats. Your heart rate is usually called your heart rate, the number of times your heart beats every minute (bpm). The graph below shows the normal range of a resting heart rate (10-minute resting heart rate) in beats per minute, depending on age. Many things can cause changes in your normal heart rate, including your age, activity level and time of day. Resting Heart Rate Age or Fitness Level Beats per minute (bpm) Babies up to 1: 100-160 Children aged 1 to 10 years: 70-120 Children aged 11 to 17 years: 60-100 Adults: 60-100 Well-conditioned athletes: 40-60 Your wrist usually has a strong strong or stable regular rhythm. Your blood vessel should feel soft. The occasional break or extra beat is normal. Normally, your heart rate will accelerate a little when you breathe deeply. You check this normal change in your pulse by changing your breathing pattern while you take your pulse. Many conditions can change your heart rate. Your doctor will talk to you about any abnormal results that may be related to your symptoms and health in the past. A fast heart rate can be caused by: Activity or exercise. Anemia. Some medicines, such as decongestants and those used to treat asthma. Fever. Some types of heart disease. An overactive thyroid gland (hyperthyroidism). Stimulants such as caffeine, amphetamines, diet pills and cigarettes. Drinking alcohol. Stress. A slow resting heart rate can be caused by: Some forms of heart disease and medications for treating heart disease. High levels of fitness. An inactive thyroid gland (hypothyroidism). A weak pulse can be caused by: Many people use a target heart rate to guide how hard they exercise. Use this interactive tool: What is your target heart rate? This calculates your target heart rate using your maximum heart rate (based on your age), your resting heart rate and how active you are. While exercising, your heart needs to work hard enough for a healthy effect, but not so hard that your heart is overloaded. You benefit most when your training heart rate is within range of your target heart rate. You take your heart rate during or after exercise to see if you are exercising on your target heart rate. Or wear a heart rate monitor while exercising, so you don't have to take your pulse. A heart rate monitor continuously monitors your heart rate, so you can see how exercise changes your heart rate. To monitor your heart rate while exercising: After exercising for about 10 minutes, stop and take your pulse. Measure your heart rate by gently placing two fingers against your wrist (don't use your thumb). If it is difficult to feel the pulse in your wrist, you will find the artery in your neck that is on either side of the trachea. Press gently. Count the beats for 15 seconds. Multiply the number of beats by 4. These are your beats per minute. Make changes to how hard you practice so that your heart rate stays within range of your target heart rate. Target heart rate is just a guide. Everyone is different, so pay attention to how you feel, how hard you breathe, how fast your heart beats and how much you feel the exertion in your muscles. It is possible that you may not feel your wrist well or count your wrist correctly if you have: A reduced sensation in your fingers. Do not use the right amount of pressure. Too much pressure can slow the heart rate, and too little pressure can cause you to miss some beats. Try to take your wrist into an area that is covered by too much muscle or fat. Use your thumb to take your wrist. Your thumb has its own wrist, which will interfere with your count. Move too much while trying to take your wrist. Many people take their wrist during or immediately after exercise, to monitor their heart rate and to find out if they are exercising at a healthy pace. Your heart rate (heart rate) during and after exercise will be higher than your resting heart rate. Call your doctor if your heart rate doesn't come down within a few minutes of you stopping exercising. If you continue to exercise regularly, your heart rate will not rise as high as ever with the same amount of exercise. This is a sign that you're getting fitter. For more information, see fitness. National Institutes of Health, Medline Plus Medical Encyclopedia (2011). Pulse. Available online: . Before surgery, eye patients should be assessed for their suitability for surgery. Taking the wrist allows us to find out what the patient's heart rate is and to assess the strength, regularity and character of the wrist. Irregularities may indicate a heart problem and should be investigated. Taking the wrist also provides a first uptake (a 'baseline') that will allow us to compare future measurements and monitor changes in our patient's condition. The wrist can be measured at different points in the body. These points are where an artery is just the skin, where it can be compressed, compressed against a bone, us to feel every beat. This article will cover the measurement of pulse at the radial point (in the wrist, see Figure 1) as this is the most common point at which to measure the pulse of eye patients. NOTE: Many things like anxiety, pain and fever can increase the patient's pulse (heart rate) and may lower certain medications such as beta blockers or digoxin; all these reasons should be considered when assessing and recording the patient's pulse. If you perform repeated measurements of the same patient, try to measure the wrist under the same conditions each time. A normal pulse is regular and strong. Heart rates, and therefore heart rate (number of beats per minute) change with age and can vary between people of the same age. Normal heart rate range, by ageAgePulse rate (beats per minute)Newborn (resting)100-180Infant (resting)80-150Child 26 years75-120Child 6-12 years70-110Adolescent-adult60-90A watch that has a second-hand A graph to record the pulse measurementA black pen. Wash your hands-this will help to prevent cross infection. Explain what you're going to do. This will help the patient to understand what is going to happen and will make it easier for them to work together. Ask if the patient has walked, kicked, or otherwise exercised himself in the last 20 minutes. If not, then you continue. If the answer is yes, wait 20 minutes before taking the lecture. This will help to prevent false measurements. Make sure the patient is relaxed and comfortable. Place the ends of your first and second fingers on the inside of the patient's wrist (Figure 1). Press gently against the wrist. Take the time to notice any irregularities in strength or rhythm. If the pulse is steady and strong, measure the pulse for 30 seconds. Double the number to give the beats per minute (for example, 32 beats in 30 seconds means the pulse is 64 beats per minute). If you notice changes in rhythm or strength, you should measure the pulse for a full minute. Note the heart rate (the number of beats per minute) in the patient's notes and describe its strength and rhythm. Compare the heart rate with the values in the country record table whether the pulse is normal, slow or fast. Any abnormalities should be registered and reported to the senior nurse and doctor. Pulse strength is a highly subjective measurement, but an experienced nurse will compare it to what has previously been felt in other patients. Describe the pulse as 'weak', 'bland', 'strong' or 'bound'. Think of the rhythm of the wrist. Is it normal? If irregular, in what way? Heart problems may be present as a regular missed beat, for example, so is the irregularity regular (described as regularly irregular) or is there no pattern (described as irregularly irregular)? Discuss with your patient the result of the pulse measurement and further research is needed. Wash and dry your hands. Nursing and midwifery: a practical approach. Sally Huband, Pam Hamilton Brown and Gillian Barber Macmillan Education Education Marsden Hospital Manual of Clinical Nursing Procedures www.clinicalskills.netArticles van Community Eye Health worden hier aangeboden met dank aan het International Centre for Eye Health Health

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