

Normal Vital Signs Flashcards for EMS

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Compiled using Emergency Care and Transportation of the Sick and Injured, EMS Field Guide and Journal of Emergency Medical Services.

Directions: Print this file onto cardstock then cut each page in half horizontally and vertically. Remaining flashcards will be four equal pieces of 5½ inches by 4¼ inches.

This file includes **bonus tables** to help you in preparing for the NREMT-B exam:

- ♦ Types of shock
- ♦ Stages of shock
- ♦ Oxygen delivery devices/rates

Pulse	
Descriptors: regular, irregular, strong or weak	
Adult	60 to 100 beats per minute
Children - age 1 to 8 years	80 to 100
Infants - age 1 to 12 months	100 to 120
Neonates - age 1 to 28 days	120 to 160

Respirations	
Descriptors: normal, shallow, labored, noisy, Kussmaul	
Adult (normal)	12 to 20 breaths per minute
Children - age 1 to 8 years	15 to 30
Infants - age 1 to 12 months	25 to 50
Neonates - age 1 to 28 days	40 to 60

Blood pressure		
	Systolic	Diastolic
Adult	90-140 mmHg	60-90 mmHg
Children - age 1 to 8 years	80-110 mmHg	
Infants - age 1 to 12 months	70-95 mmHg	
Neonates - age 1 to 28 days	>60 mmHg	

Adult vital signs

Blood pressure	90 to 140 mmHg (systolic) 60 to 90 mmHg (diastolic)
Pulse	60 to 100 beats per minute
Respirations	12 to 20 breaths per minute

Infant vital signs (age 1 to 12 months)

Blood pressure	70 to 95 mmHg systolic
Pulse	100 to 140 beats per minute
Respirations	25 to 50 breaths per minute

Child vital signs (age 1 to 8 years)

Blood pressure	80 to 110 mmHg systolic
Pulse	80 to 100 beats per minute
Respirations	15 to 30 breaths per minute

Neonatal vital signs (full-term, ≤ 28 days)

Blood pressure	>60 mmHg systolic
Pulse	120 to 160 beats per minute
Respirations	40 to 60 breaths per minute

Lung sounds	
Crackles or rales	crackling or rattling sounds
Wheezing	high-pitched whistling expirations
Stridor	harsh, high-pitched inspirations
Rhonchi	coarse, gravelly sounds

Normal Vital Signs Summary			
	BP (systolic)	P	R
Adult	90-140	60-100	12-20
Child	80-110	80-100	15-30
Infant	70-95	100-140	25-50
Neonate	>60	120-160	40-60

Pulse oximetry		
Range	Value	Treatment
Normal	95 to 100%	None or placebic
Mild hypoxia	91 to 94%	Give oxygen
Moderate hypoxia	86 to 90%	Give 100% oxygen
Severe hypoxia	≤85%	Give 100% oxygen w/ positive pressure

Glasgow Coma Scale		Adult	Score	Infant	
	Eyes	Spontaneous		4	Spontaneous
		To speech		3	To speech
		To pain		2	To pain
		No response		1	No response
	Motor	Obeys verbal command		6	Normal movements
		Localizes pain		5	Localizes pain
		Flexion - withdraws from pain		4	Flexion - withdraws from pain
		Flexion - abnormal		3	Flexion - abnormal
		Extension		2	Extension
		No response		1	No response
	Verbal	Oriented and converses		5	Coos, babbles
		Disoriented and converses		4	Cries but consolable
		Inappropriate words		3	Persistently irritable
		Incomprehensible sounds		2	Grunts to pain/restless
		No response		1	No response

Stages of shock		
Compensated or Non-progressive	Decompensated or Progressive	Irreversible
Altered mental status Increased heart rate Increased respirations Pale, cool skin	Narrowing pulse pressure Diaphoresis Increased anxiety and confusion Nausea/vomiting Thirst Hypotension (late sign)	Decreased LOC (GCS <8) Decreased respiratory rate/effort Profound hypotension Bradycardia

Types of shock		
Hypovolemic	Cardiogenic	Neurogenic
Altered mental status Tachypnea Hypotension Cool, pale, moist skin Weak, thready pulse Nausea	Dulled senses Rapid respirations Hypotension Cool, pale, moist skin Increased heart rate Weak pulse	Altered mental status Diaphragmatic breathing Hypotension Warm, pink, dry skin Normal or slow pulse
Anaphylactic		Septic
Uneasiness or agitation Edema Dyspnea and wheezing Hypotension Urticaria Tachycardia GI/GU disturbances		Altered mental status Hypotension Fever Warm torso, cool extremities Nausea/vomiting Tachycardia, dysrhythmias

Apgar Scale (evaluate @ 1 and 5 minutes postpartum)				
Sign		2	1	0
A	Activity (muscle tone)	Active	Arms and legs flexed	Absent
P	Pulse	>100 bpm	<100 bpm	Absent
G	Grimace (reflex irritability)	Sneezes, coughs, pulls away	Grimaces	No response
A	Appearance (skin color)	Normal over entire body	Normal except extremities	Cyanotic or pale all over
R	Respirations	Good, crying	Slow, irregular	Absent

Oxygen delivery		
Device	Flow rate	Concentration
Mouth-to-mask	none	16-17%
	w/ 10 Lpm	50%
Nasal cannula (NC)	1-6 Lpm	24-44%
Venturi mask	Depends on % desired	24-40%
Simple face mask	8-12 Lpm	40-60%
Bag-valve mask (BVM)	none	21%
	10-15 Lpm	40-60%
BVM w/ reservoir	10-15 Lpm	90-95%
Non-rebreather mask (NRB)	10-15 Lpm	80-100%
Demand valve	<40 Lpm	100%