

Chapter 10: Vital Signs Guided Reading

All information is taken from: Jarvis, C. (2020). Physical examination and health assessment (8th ed.). St. Louis, MO: Saunders Elsevier.

Read about temperature on pages 139-141.

What part of the brain regulates temperature? **Hypothalamus**

What influences the normal temperature? **Diurnal cycle (change in temperature from early morning to late afternoon or early evening), menstruation cycle, exercise and age**

What are the different routes of measures temperature? **Oral, axillary, rectal, tympanic, temporal**

Which of the above listed is the most accurate? **Rectal**

Read about pulse on pages 141-143.

There are 3 things that are evaluated when assessing the pulse; they are: **rate, rhythm, and force**

Define bradycardia: **heart rate less than 50 bpm**

Define tachycardia: **heart rate greater than 100 bpm**

The force of a pulse may be measures on a 3+ or 4+ scale; force is also termed amplitude.

Identify the meaning of force on a 3+ scale.

0= **absent**

1+= **weak, thready**

2+= **normal**

3+= **full, bounding**

Read about respirations on page 143.

What is a normal respiratory rate for an adult? **10-20 breaths per minute**

Read about blood pressure on pages 144-150.

Define blood pressure; including both systolic and diastolic pressure: **the force of blood against the side of the vessel wall, systolic is the maximum pressure felt on the artery during systole or during ventricular contraction; diastolic is the resting pressure the blood exerts on the walls during diastole or relaxation**

What is pulse pressure? **The difference between the systolic and diastolic pressures**

What factors affect blood pressure, be specific (p. 144):

Age: gradual rise from childhood and into adult years

Sex: after puberty, females have a lower blood pressure than males

Race: higher in African Americans

Diurnal rhythm: higher in late afternoon and early evening and declines in early morning

Weight: higher in obese population

Exercise: increases with exercise

Emotions: rises with fear, anger and pain

Stress: elevated in people with continuous tension

What 5 factors determine blood pressure and how (p. 145-146):

1. **Cardiac Output: $SV \times HR$, increase CO, increases B/P; decrease CO, decrease B/P**

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Chapter by Chapter Overview

Introduction Discover how this guide will transform your life by simplifying your surroundings mindset and routines

Chapter 1 The Core Principles of Minimalism Understand the philosophy origins and mindset of minimalism

Chapter 2 Decluttering Your Home for a Minimalist Life Discover techniques for decluttering each room effectively

Chapter 3 Minimalist Home Design and Decor Create simple functional living spaces using minimalist decor principles

Chapter 4 Minimalism and Personal Style Build a capsule wardrobe and embrace mindful shopping habits

Chapter 5 Digital Minimalism and Mindful Technology Use Learn to declutter your devices and reduce screen time

Chapter 6 Minimalism for Mental Clarity and Emotional Well Being Enhance focus reduce stress and practice mindfulness

Chapter 7 Financial Minimalism and Money Management Manage finances through intentional spending and minimalist budgeting

Chapter 8 Minimalism in Relationships and Social Life Simplify social interactions and strengthen connections

Chapter 9 Minimalist Nutrition and Health Embrace simple nutrition and fitness routines for better health

Chapter 10 Minimalism for Parents and Families Introduce minimalism to family life and teach children simplicity

Chapter 11 Minimalist Travel and Adventure Pack light and enjoy travel without overconsumption

Chapter 12 Minimalist Creativity and Hobbies Discover how minimalism enhances creativity and hobbies

Chapter 13 Minimalism in the Workplace and Career Boost productivity with a minimalist workspace and balance

Chapter 14 Environmental Minimalism and Sustainability Live sustainably by reducing waste and supporting ethical brands

Chapter 15 Real Life Minimalism Stories and Lessons Get inspired by real life minimalist stories and lessons learned

Chapter 16 Advanced Minimalism Techniques and Challenges Explore advanced techniques and overcome minimalist challenges

Chapter

17 Conclusion Recap key concepts reflect on lifelong benefits and inspire continuous simplicity Appendices Access recommended resources minimalist checklists budgeting templates and motivational quotes Why This Guide is Essential for Your Minimalist Journey Complete Lifestyle Transformation This guide covers all aspects of minimalism making it a well rounded resource for simplifying life Practical and Hands On Filled with exercises templates and worksheets it offers tools to apply minimalism effectively Real Life Inspiration Learn from real life minimalists gaining insights from their stories struggles and successes Long Term Benefits Discover how minimalism leads to sustainable living financial freedom and improved well being Now is the perfect time to embrace minimalism and transform your life With practical tips real world examples and motivational guidance HowExpert Guide to Minimalism is your complete roadmap to achieving a simpler more meaningful lifestyle Whether you re decluttering your home refining your style or seeking mental clarity this book will empower you to live intentionally peacefully and fulfilled Get your copy today and start your minimalist journey HowExpert publishes how to guides on all topics from A to Z

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