



RESPIRATIONS – R-VI-6

POLICY:

Respirations shall be counted and recorded on admission and when there is a significant change in a client's condition.

PURPOSE:

To obtain a baseline for client's normal respirations.

To assist in evaluating a client's condition when monitoring vital signs.

PROCEDURE:

Note: If temperature is being taken, check respirations first as crying and anxiety may increase respirations.

1. Observe and count chest and/or abdominal movements for 30 seconds and double the number counted. Each respiration consists of inhalation and exhalation.
2. Document on client's casebook, noting any changes, respiratory distress, abnormal sounds, i.e. grunting, wheezing with respirations, rate and character of respirations, activity during observations and colour of the client. For respirations taken on admission, ensure results are entered on the Kardex.

Note: Signs of respiratory distress:

- retractions
- nasal flaring
- extreme anxiety
- wheezing
- hyperventilation
- cyanosis
- distended abdomen
- increased mucous production

RECOMMENDED BY: Director, Personal Support Services

APPENDICES: 0

OPERATIONAL ACCOUNTABILITY: Administration, Personal Support Services
Administration, Personal Support Services

ORIGINAL POLICY DATE: April 1987

AUTHORIZED BY: Executive Director

SIGNATURE: