

# Vital Signs:

Old Website: [Healthy Christian Living - Living by the Blueprint](#)

New Website: [Remnant Hope](#)

## BIBLE:

"I will praise thee; for I am fearfully and wonderfully made..." (Psalms 139:14)

"Wisdom is the principal thing; therefore get wisdom: and with all thy getting, get understanding." (Prov. 4:7)

## SOP:

### REGARDING ANATOMY & PHYSIOLOGY:

"This living machinery is to be understood. Every part of its wonderful mechanism is to be carefully studied..."  
{7MR 324.2}

"The study of anatomy, the form and structure of the body; of physiology, the use and functions of the various organs...is pursued from a Biblical and scientific point of view." {RH, October 11, 1898 par. 12}

## Understanding Vital Signs:

- **The Major Vital Signs** are written as **BP + TPR + Pain**.  
This is **BP** for Blood Pressure; **T** for Temperature; **P** for Pulse; **R** for Respirations
- **Pain is now included as a Vital Sign**. Always ask the person to rate their pain level on a scale of 0-10. Zero being no pain, and 10 being extreme pain....If the person in pain can't talk, there's a facial grimacing chart to go by to know the pain level
- **Pulse Oximetry**(O2 Sat) is also a great thing to check when doing vital signs as is checking the **blood sugar level**.

## **BLOOD PRESSURE:***(the following is from the American Heart Association)*

- **Systolic**  
The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).
- **Diastolic**  
The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood)."

## **CHECKING BLOOD PRESSURE:**

- Blood pressure may be checked with a manual cuff or an electric machine.  
The manual cuff is the most accurate for reading
- Ask the guest if they have smoked anything, drunk alcohol or caffeine, eaten, or taken any medication in the last 30 minutes
- Be sure to use the left arm as much as possible, but ask the client first if they have any devices inserted in their arm(such as a shunt).
- Remove the clothing from the arm if possible
- Be sure the arrow is 1 inch above the crease of the arm.
- Have the arrow directly in the center.
- Be sure the palm is up and not down. This will prevent the brachial artery from twisting.
- Be sure to check the blood pressure in both arms....**BY DOING THIS, IF THERE IS A 10 OR HIGHER POINT DIFFERENCE IN THE TOP NUMBER FROM ONE ARM TO THE NEXT, THIS IS A SIGN OF POSSIBLE OCCLUSION**

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**NORMAL PARAMATERS FOR VITAL SIGNS ARE AS FOLLOWS:**

- Normal BP = <120/80.....some medical experts are now saying 115/75 for optimal health  
<90/50 or 55 is very low
- Pre-Hypertensive = 121-130/81-90
- Hypertensive = >130/>90 ..... some say >140/90  
although they have increased the parameters to 150/90 for the elderly in order to get medication  
140/90-159/99 = **STAGE ONE**
- Extreme Hypertensive = >160/90 or 95  
160-179/100-109 = **STAGE TWO**
- Dangerous Systolic(top number) = 180/110  
**This is HYPERTENSIVE CRISIS STAGE**  
**We have to tell you that EMERGENCY CARE IS NEEDED AT THIS MOMENT**
- NOTE: Treat any abnormal blood pressure reading
- NOTE: Give water to those with high blood pressure

**NOTE:** If the top number of the blood pressure is irregular, and the bottom number is normal, this is a good indicator that the person has very low Vitamin D levels.

Please ask them when is the last time they had a Vitamin D test done?

If they say they haven't, educate them about the 25 Hydroxy test and how they should have it checked

**NOTE:** If the blood pressure is elevated, ask the person how many 8 oz. cups of water have they had today

**WHAT TO DO FOR ELEVATED BLOOD PRESSURE LEVELS IN AN EMERGENCY**

- Give 2-4 glasses of water. Be sure to ask the person if they are on any fluid restriction or have any kidney problems
- Give the person 2 finely chopped cloves of garlic(large size); have them eat with bread to prevent burning
- Give the juice of 2 lemons straight OR YOU MAY ADD THIS JUICE TO 1 CUP OF HOT WATER  
Have the person drink this juice through a straw, with the top of the straw at the roof of the mouth to prevent enamel from the teeth being removed(for those drinking the juice straight and not diluted)
- If the blood pressure is <160/90, you may give a hot foot bath x 20 minutes(put cold cloth on forehead and neck)
- If the blood pressure is >160/90, give a warm arm bath x 20 minutes
- The person may take a warm(not hot) bath for any elevated blood pressure (30-40 minutes)(cool water to drink)
- For blood pressure >160/90, give 16 oz. of beet juice  
(this is 1x for emergency situation like Sis White drank tea for an emergency situation)  
Have the person drink this within 30-45 minutes and no sooner or later than that
- For blood pressure <160/90, you may have the person insert 1 clove of garlic that has been scored, into the Rectum Be sure the clove is lubricated with olive oil. Insert pointy end in first
- When blood pressure >160/90 won't go down and is being stubborn, you may do 1 of 2 things:  
#1: Fast x 3 days without any food or drink besides water + give Hawthorn Berry caps by Nature's Way  
#2: Go on a 3 day apple fast  
Eat different kinds of apples at each meal  
Example: Fuji for Breakfast; Gala for Lunch; Washington for Dinner

**TEMPERATURE:**

- Normal Temp = 98.6  
This will decrease with age.  
For children, the numbers tend to be just a little bit higher; Vegetarians tend to be a little lower
- Fever = 100-101 degrees
- Very dangerous Fever in children = 101+
- Very dangerous Fever in Adults = 103+
- Just realize that some adults can jump from 99 to 103 very quickly, so it's best to start treatment at that temp

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**Ways the body Temperature can be checked:**

1. By mouth with a glass or digital thermometer
2. Under the arm(axillary) with an oral thermometer(add 1 degree to the reading)
3. Rectally with a rectal thermometer(subtract 1 degree from the reading)
4. Tympanic (in the ear with a tympanic thermometer)(don't add anything)
5. Strips on the forehead

**A FEVER MAY BE REDUCED BY**

- Giving the person lots of water to drink
- Applying cool water applications to the head, back of the neck, under the arms, around the wrists and ankles, and in the groin area  
**NEVER APPLY ICE COLD RAGS OR ICE FOR A FEVER {3MR 365.3}**  
**AND**
- **Apply a charcoal poultice over the stomach and the sides.** {2SM 295.2}  
ALSO
- **Put a warm/hot fomentation over the stomach on top of the poultice.**  
This will help tremendously.  
NEVER, NEVER, NEVER put a cold compress/fomentation on the stomach or sides for fever.  
This will take the fever away, but bring it back later in the day causing it to possibly be even higher.
- Have them suck on lemons or put lemon juice into their water

**PULSE:**

- **Normal pulse** = 60-80 (60 being the most optimal)
- **Bradycardia** = <60 for 3 or more consecutive readings  
(Athletes tend to have their heart rates in the 50s; this is normal for many of them)
- **Tachycardia** = >100 for 3 or more consecutive readings  
(This can be caused from smoking, drinking alcohol, **coffee** and tea, eating spices, medication, etc.)

**What to do for Low Heart Rates:**

- Put a hot water bottle over the heart; hot water bottle to the feet; friction rub the body;  
Give Peppermint Oil (1-2 drops into a cup of warm water) and have the person drink this  
{RH, January 20, 1910 par. 13-15}

**What to do for High Heart Rates:**

- An ICE PACK over the heart for 20 minutes can help lower the heart rate (check pulse every 20 minutes)  
You may also put ice cold rags around the ankles and wrists as well.  
Continue this treatment till you obtain the desired heart rate

**READ THE FOLLOWING TO LEARN MORE:**

<http://www.webmd.com/heart-disease/tc/bradycardia-slow-heart-rate-overview>  
<http://www.livestrong.com/article/347191-heart-rate-parameters/>

**RESPIRATIONS:**

This is one complete cycle of an inhalation and exhalation....

Breathing in through the nose and exhaling through the mouth

- **Normal respirations** = 12 to 20(some say 12 to 18)  
Tell everyone to do 5 sets of deep breathing exercises every morning & evening to help the lung expansion  
Walking will help with the respirations

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## **O2 SATURATION(PULSE OXIMETRY TEST)**

- **Normal levels** = 96-100, 100 being the most optimal  
Anything less than 96 is considered a level that should be reported to the patient's doctor

### **For someone who has difficulty breathing:**

- Have them sit up in a 30-45 degree angle
- Put 1 dropperful of Lobelia tincture and 2 dropperfuls of Mullein tincture into 1 ½ inches of water  
Have the person drink this  
For children do ½ to 1/3  
NO ALCOHOL IN ANY TINCTURES {RH, February 10, 1885 par. 9}
- Take 1/3 c. olive oil and add a FEW drops each of eucalyptus oil and peppermint oil  
Rub this oil over the chest area, over the back, and the bottom of the feet  
Be sure to wear socks after applying to the feet
- Give the person a "Nebulizer" treatment by putting a few drops of water + 2 drops each of:  
-eucalyptus oil AND peppermint oil  
**INSTRUCTIONS:** Do treatment till vapor runs out

## **BSL:(Blood Sugar Levels)**

- **Normal levels** = 66-99
- **Pre-diabetic** = 100-125
- **Diabetic** = 126+ after fasting 8 hours...  
This high number must be present 3 days in a row to be considered diabetic
- IF YOU CHECK THE SUGAR RIGHT AFTER EATING, THE NUMBERS WILL BE ELEVATED
- NEVER, NEVER, NEVER use alcohol to wipe the finger prior to checking. This will alter the number. Use a cotton ball that has soap and water instead...clean the soap off well and dry the finger.
- ALWAYS POKE THE FINGER NEAR THE FINGER NAIL AROUND THE TIPS OF THE FINGER. NEVER POKE IN THE CENTER OF THE FINGER. THERE ARE VERY SENSITIVE NERVE ENDINGS IN THIS AREA AND IT CAN BE QUITE PAINFUL
- FOR HIGH BLOOD SUGAR LEVELS, PUT 1-2 DROPS OF CINNAMON OIL(ingestible kind) UNDER THE TONGUE (may order these essential oils from Revive-eo.com MY CODE: CBIBLICAL01 for 10% off every order)  
HAVE THE PERSON WALK x 1 hour(this is = to 20 units of regular insulin)(they can break 1 hour into parts)  
GIVE STRAIGHT FRESH LEMON JUICE OF 1 to 2 LEMONS

## **SOMETHING TO KEEP IN MIND WHEN CHECKING VITAL SIGNS:**

- **DON'T CHECK VITAL SIGNS ON THOSE WHO JUST SMOKED, DRANK ALCOHOL, TEA, OR COFFEE, OR JUST ATE.**  
**Wait about 30 minutes.**

## **PAIN....ASK THE PATIENT THE FOLLOWING:**

- What is the pain level?
- Where is the pain located?
- Is it stabbing, burning, throbbing?
- Is it radiating?

## **CLICK THE FOLLOWING LINK THAT WILL LEAD YOU TO TONS OF VIDEOS TEACHING HOW TO CHECK BLOOD PRESSURE:**

[http://www.youtube.com/results?search\\_query=how%20to%20check%20blood%20pressure%20manually&sm=1](http://www.youtube.com/results?search_query=how%20to%20check%20blood%20pressure%20manually&sm=1)

## **HOW TO CHECK VITAL SIGNS:**

<http://www.youtube.com/watch?v=t0IngUYN2OA>

<http://www.youtube.com/watch?v=F9TI513bYDA>

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These videos are not showing how to check the blood pressure accurately. They are good, and you will learn great tips from them, but they are skipping a major step. These videos are having them pump the blood pressure cuff to 160 or 180...But what if the patient's blood pressure is 200 or higher? They won't catch it, so what has to be done is You are supposed to feel the pulse when pumping the cuff the first time. When you can no longer feel the pulse, whatever # it is that you start to no longer feel the pulse, you add 30 points to that #, and that is how high you pump when actually checking the blood pressure....Example: When I feel for the pulse as I am pumping the BP cuff, and I can no longer feel the pulse at the reading of 170 on the dial, I would then add 30 points to 170, and then deflate the pump, wait about 30 seconds, and then re-pump the cuff taking it up to 200 when I am actually checking the BP....**BY DOING THIS, YOU ARE MAKING SURE YOU WILL GET AN ACCURATE READING...THE WAY THEY ARE TEACHING TODAY IS THE LAZY WAY**

<http://www.youtube.com/watch?v=f9OreW1n0qU&feature=fvwrel>

<http://www.youtube.com/watch?v=eyv04smwPMs&feature=related>

# VITAL SIGNS

## QUESTIONS

1. What are the 4 major vital signs?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
2. Is pain now included as a major vital sign? YES or NO
3. Where does the pain scale begin and end? 0 to \_\_\_\_
4. What is considered normal blood pressure? \_\_\_\_\_
5. What is considered pre-hypertensive? \_\_\_\_\_
6. What is considered high blood pressure? \_\_\_\_\_
7. What is considered dangerously high blood pressure? \_\_\_\_\_
8. What is the top number called? \_\_\_\_\_
9. What is the bottom number referred to? \_\_\_\_\_
10. What should be given to those with high blood pressure? \_\_\_\_\_
11. What is normal temperature degrees? \_\_\_\_\_
12. What is considered fever? \_\_\_\_\_
13. What is considered a high fever? \_\_\_\_\_
14. List the 5 ways that the body temperature may be checked
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
15. List 5 natural ways to reduce fever
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
16. What is a normal pulse range? \_\_\_\_\_
17. What is Bradycardia? \_\_\_\_\_
18. What is Tachycardia? \_\_\_\_\_
19. How can you raise the pulse? \_\_\_\_\_
20. How can you lower the pulse? \_\_\_\_\_
21. What are normal respirations range? \_\_\_\_\_
22. What is considered normal pulse oximetry? \_\_\_\_\_
23. Is less than 96 considered low? YES or NO
24. What could you do for a person who can't breathe? \_\_\_\_\_
25. What is considered normal blood sugar parameters? \_\_\_\_\_
26. What is considered pre-diabetic? \_\_\_\_\_
27. What is considered diabetic? \_\_\_\_\_
28. List 3 things you can do for someone with elevated blood sugar levels
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
29. Will the blood sugar level be elevated if you check the blood sugar right after someone eats?  
YES or NO

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30. Where on the finger should you prick a person when checking their blood sugar level? \_\_\_\_\_

31. What 5 reasons should you wait to check a person's vital signs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

32. What 4 questions should you ask a person about their pain if they have any?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_