

Good day. I am **Jasmin Kaye Alberto**, a nursing student.

I will be performing the **taking of vital signs**, which includes **blood pressure, pulse rate, respiratory rate, body temperature using a digital thermometer, and oxygen saturation using a pulse oximeter.**

This procedure is done to assess the client's current health status.

Universal precautions, patient safety, privacy, and comfort will be observed throughout the procedure."

Pre-Procedure

"I will ensure the implementation of **universal precautions and COVID-19 protocols.**"

(Performs hand hygiene)

"Good day. I am Jasmin Kaye Alberto, a nursing student. May I know your name, please?"

(Identifies patient)

"I will be taking your vital signs. This procedure is safe and will not cause harm. May I proceed?"

"I will now gather the necessary equipment and perform hand hygiene."

"So maam Please sit comfortably and relax"

Blood Pressure Monitoring

So sir is there any history of hypertension or high blood pressure in your family po?

"I will position the client's arm at the **level of the heart**, with the **palm facing upward**, preferably using the **left arm** as it is nearer to the heart."

"I will place the blood pressure cuff with the **inflatable bag centered over the brachial artery**, approximately **2.5 cm or 1-2 inches above the antecubital fossa**, with the tubing exiting near the elbow."

"I will wrap the cuff **smoothly and snugly**, making sure it is **not too tight and not too loose.**"

"I will palpate the brachial artery at the inner aspect of the elbow using my fingertips."

"I will place the stethoscope earpieces properly in my ears and close the screw valve on the air pump."

“I will inflate the cuff to **30 mmHg above the point where the pulse disappears**, then slowly release the valve.”

“I will release the air at a rate of **2–3 mmHg per second** and listen carefully.

The **first clear sound** is the **systolic pressure**.”

“I will continue to deflate the cuff slowly.

The **last muffling sound** is the **diastolic pressure**.”

“After the final sound disappears, I will **deflate the cuff completely and remove it**.”

Pulse Rate Monitoring

“I will now assess the pulse rate.”

“I will select and locate the appropriate site.”

“I will use my **first and second fingers**, never the thumb, and press gently until I feel the pulse.”

“Using a watch with a second hand, I will **count the pulse for one full minute**.”

Respiratory Rate Monitoring

“I will assess the respiratory rate while holding the client’s wrist as if still taking the pulse.”

“I will observe the **rise and fall of the chest**.”

“Using a watch with a second hand, I will **count the respirations for one full minute**.”

Body Temperature (Digital Thermometer – Axillary)

“I will now take the client’s body temperature using a digital thermometer.”

“I will cover the thermometer tip with a **clean plastic sheath**.”

“I will press the button to turn on the thermometer.”

“I will place the thermometer in the **axilla**, ensuring full skin contact.”

“I will wait until the thermometer **beeps**, indicating the reading is complete.”

“I will remove the thermometer and discard the cover properly.”

Oxygen Saturation (Pulse Oximeter)

“I will now measure the client’s oxygen saturation.”

“I will select the finger and ensure that **nail polish or artificial nails are removed.**”

“I will attach the probe to the finger, ensuring that the **sensor and light beam are directly opposite each other.**”

“I will make sure the client’s hand is positioned at **heart level.**”

“I will turn on the pulse oximeter and wait for the beep and display.”

“I will wait for the reading, which usually appears after **4–6 heartbeats.**”

“I will remove the probe from the client’s finger.”

Post-Procedure

“I will perform **aftercare of the equipment.**”

“I will make sure the client is **comfortable.**”

“I will perform **hand hygiene.**”

“I will **record all results accurately.**”

Closing

“This concludes the procedure. Thank you for your cooperation.”