

AXIELPD

Observations Guide

Heart Rate

A normal resting heart rate is between **60** and **100** beats per minute (bpm). If it is greater than **100**, this is known as tachycardia. If it is less than **60**, this is bradycardia. When the heart rate goes to **0**, this is cardiac arrest.

Blood Pressure

The ideal blood pressure is between **90/60** and **120/80**. High blood pressure is considered to be **140/90** or higher. Anything above **180** on the first value or **120** on the second value indicates a hypertensive crisis, which can damage blood vessels.

SpO2

SpO2 is the percentage saturation of oxygen in your blood, and is a good indicator of how well you are breathing. A range between **95%** and **100%** is ideal. A value below **90%** indicates hypoxia.

Temperature

A normal body temperature is **36°C - 37.2°C**. A temperature above **38°C** can be a sign of a fever or even sepsis. Temperatures below **35°C** indicate hypothermia.

Blood Sugar

A normal blood sugar reading should be between **4** and **7**. After eating, this may increase to between **8** and **9**. Readings below **4** indicate hypoglycaemia, and a reading above **7** (or **9** after eating) can indicate hyperglycaemia.

Pupils

PERL – Pupils Equal and Reactive to Light (Normal)

Dilated – Pupils are larger than normal

Fixed – Pupils do not react to light

Constricted – Pupils are smaller than normal

F&D – Fixed and Dilated

Respiratory Rate

A normal rate of respiration is between **12** and **20** breaths per minute.

ECG Rhythm

NSR – Normal Sinus Rhythm (Normal)

Tachycardia – Fast heart rate, normal rhythm

Bradycardia – Slow heart rate, normal rhythm

Asystole – Flat-line, no activity (non-shockable)

PEA – Pulseless Electrical Activity, normal rhythm but no pulse (non-shockable)

VT – Ventricular Tachycardia (shockable)

VF – Ventricular Fibrillation (shockable)

ST-Segment Elevation – Heart attack, could lead to cardiac arrest

Atrial Fibrillation – Irregular but not serious

Lung Sounds

Clear – Lungs clear when breathing

Wheezing – Wheezing sounds, could be due to asthma

Crackling – Could be caused by excess fluid in the airways, could indicate infection

Absent – Patient is not taking in air

Please Note: The content of this document may not be 100% accurate. It is a simple guide to support civilians in medical roleplay.

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