

Laboratory Session 1 Normal Cardiorespiratory Responses
DPT 708 Health and Wellness Promotion
January 20, 2004
ALC A203 1:00-3:50

Record vital signs on another person in lab

Age _____ Heart rate _____ Blood pressure _____ Respiratory rate _____

Normal vital signs and responses to activity

<i>Parameter</i>	<i>Resting norms</i>	<i>Abnormal above</i>	<i>Abnormal below</i>	<i>Positional effect</i>	<i>Exercise effect</i>
Heart rate HR	60-80 adults	100 bpm tachycardia	60 bpm bradycardia	+/- 5 bpm	Increase in proportion to exercise intensity
Heart rhythm	Regular	--	--	No change	No change
Respiratory rate RR	12 -18	20 breaths/min	10 breaths/min	Minimal	Increased rate & depth
Systolic BP (SBP)	< 120 mmHg	Pre-hypertension Hypertension Stage 1 Hypertension Stage 2	120-139 140-159 > 160	< 100 mmHg +/- 10 mmHg	Increase in proportion to exercise intensity
Diastolic BP DBP	< 80 mmHg	Pre-hypertension Hypertension Stage 1 Hypertension Stage 2	80-89 90-99 > 100	< 50 mmHg +/- 10 mmHg	+/- 10 mm Hg

Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC 7) 2003

<http://www.nhlbi.nih.gov>

Eason, J.M. (1999). Cardiopulmonary assessment *Cardiopulmonary Physical Therapy Journal*, 10(4):135-42.