



Measuring a Radial Pulse



VITAL SIGNS

1. Gather supplies:
 - wrist watch or wall clock with second hand
2. 
3. Position the client's hand and arm so she is comfortable and her arm is supported.
4. Place your middle two or three fingers on the thumb side of the client's wrist.
5. Press gently until you feel her pulse; note the strength and regularity of the pulse.
6. Count the beats for one minute by watching the second hand on your watch or wall clock.
7. Record the client's pulse in the Client Journal.
8. 



NOTE: All instructions for a CAREGiverSM to follow when taking a client's pulse must be in writing, including outcomes that should result in a call to the franchise office or 911. A CAREGiver cannot interpret outcomes and respond without special instructions.

Measuring Respirations



1. Gather supplies:
 - wrist watch or wall clock with second hand
2. 
3. Count the number of your client's respirations for one full minute.
4. Record the number of respirations in the Client Journal.
5. 

NOTE: All instructions for a CAREGiverSM to follow when measuring a client's respirations must be in writing, including outcomes that should result in a call to the franchise office or 911. A CAREGiver cannot interpret outcomes and respond without special instructions.

Taking a Temperature

Using an Electronic Oral Thermometer

VITAL SIGNS

1. 1. Gather supplies:
 - electronic oral thermometer
 - probe cover
2. 
3. Ask the client if she has had anything to eat or drink in the last 15 minutes; if so, wait 15 minutes before proceeding.
4. Turn on the thermometer unit.
5. Apply a disposable probe cover to the oral thermometer probe.
6. Ask the client to open her mouth; place the probe under the client's tongue at a slight angle to the left or right.
7. Ask the client to close her mouth around the probe.
8. Hold the probe in place until the machine signals it is complete; remove the probe from the client's mouth.
9. Read the client's temperature from the display window of the thermometer unit and record the reading in Client Journal.
10. Discard the probe cover in a waste container; be sure not to touch it.
11. Turn off the thermometer unit.
12. 



NOTE: All instructions for a CAREGiverSM to follow when taking and recording a client's temperature must be in writing, including outcomes that should result in a call to the franchise office or 911. A CAREGiver cannot interpret outcomes and respond without special instructions.

Taking a Temperature

Using a Mercury-In-Glass Oral Thermometer

VITAL SIGNS

1. Gather supplies:
 - mercury-in-glass oral thermometer



2. 3. Rinse thermometer under cool water.
4. Shake the thermometer in a downward motion until the mercury line is below 96.6°F (35.9°C).



To take a temperature orally:

- Ask the client if she has had anything to eat or drink in the last 15 minutes. If yes, wait 10-15 minutes before proceeding.
- Insert the tip of the thermometer under one side of the client's tongue toward the back.
- Ask the client to close her lips around the thermometer using her to hold it in place.
- Leave the thermometer in the client's mouth for at least 3 minutes.
- Remove the thermometer and find the mercury line and record the thermometer reading in the Client Journal.
- Rinse thermometer under cool water.

To take a temperature axillary (under the armpit)

- Place the end of the thermometer in the client's dry armpit.
- Hold the thermometer in place by gently pressing the client's elbow against the side of her torso.
- Leave the thermometer in the client's armpit for at least 4 minutes.
- Remove the thermometer and find the mercury line and record the thermometer reading in the Client Journal.
- Rinse thermometer under cool water.



NOTE: All instructions for a CAREGiverSM to follow when taking and recording a client's temperature must be in writing, including outcomes that should result in a call to the franchise office or 911. A CAREGiver cannot interpret outcomes and respond without special instructions.

NOTE: Normal temperature ranges:
Oral: 97.6° – 99.6° F (36.4° - 37.5° C)
Axillary: 96.6° – 98.6° F (35.9° - 37° C)