

## Respirations



To supply the cells with oxygen  
and rid the body of carbon  
dioxide.

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## About respiration...

- One respiration is an inhalation and an exhalation of air.
- It is regulated in the brain by the medulla
- Average rate in the adult is 12 – 20
- Normal breathing is quiet, effortless and regular in rhythm

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## Counting respirations...

- Count each inhalation
- Respiration is assessed in conjunction with assessment of the radial pulse.
- The patient can control the respiratory pattern
- Count the pulse
- Leave your hand there and count the respirations
- Holding the wrist is a diversion to help prevent an intentional or unintentional distortion of the respiratory rate

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### Assessing respirations...

- Count the rate
- Note the rhythm
  - regular
  - irregular
  - strenuous
- Note and report any unusual sounds
  - grunting
  - wheezing
  - crackling

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### Terminology...

- Eupnea            normal breathing
- Bradypnea        slow breathing
- Tachypnea        rapid breathing
- Dyspnea            difficult / painful breathing
- Apnea             absence of breathing
- Orthopnea         positional breathing

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