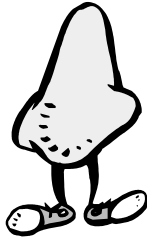


Respiration



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

Some definitions

- Cyanosis- skin is bluish/dusky color.
- Inspiration- to inhale
- Expiration- to exhale
- Tachypnea- rapid, shallow breathing
- Dyspnea- difficult or labored breathing.
- Apnea- a period of no respirations.
- Stertorous- loud respirations
- Cheyne-Stokes- dyspnea followed by apnea.

Facts About Respiration

- One respiration is an inhalation and exhalation of air.
- It is regulated in the brain by the medulla
- Average rate in the adult is 16-20.
- Normal breathing is quiet, effortless, and regular in rhythm.
- If rate is greater than 26 and less than 12 report to the nurse.

Counting Respirations

- Rest the back of your hand against the diaphragm of the patient.
- Count the pulse.
- Leave your hand there, and count respirations for one full minute.

Factors that influence Respirations

- Illness
- emotions
- fever
- sex
- Age
- Exercise
- Drugs
- Position- Orthopneic

