



Colorado EMS Primary Instructor Training Lesson Guide

Session Title: Baseline Vital Signs - Breathing

Session Reference:

Time Required: 10 minutes

Materials:

References: National D.O.T. E.M.T. Curriculum

Prepared By:

Preparation / Set:

Attention / Motivation:

An EMT-Basic must be able to accurately assess and record a patient's vital signs. This must be done to record trends in the patient's condition. One of the first components of baseline vitals is the respiratory system and breathing.

Objectives:

At the completion of this session, the student will be able to:

1. Describe the methods to obtain a respiratory rate.
2. Identify the attributes that should be obtained when assessing breathing.

Session Overview:

- C How to obtain a respiratory rate.
 - C Assessing the quality of respirations.
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Instructor Notes	Outline
	<ul style="list-style-type: none">I. Breathing<ul style="list-style-type: none">A. Rate<ul style="list-style-type: none">1. Determined by counting the number of breaths in a 30 second period and multiplying by 2. Care should be taken not to inform the patient as this may influence their rate.B. Quality<ul style="list-style-type: none">1. Normal - average chest wall motion, not using accessory muscles.2. Shallow - slight chest or abdominal wall motion.3. Labored<ul style="list-style-type: none">a. An increase in the effort of breathingb. Grunting or stridorc. Use of accessory musclesd. Nasal flaring, supraclavicular and intercostal muscle retractions in infants and children.e. Sometimes gasping4. Noisy<ul style="list-style-type: none">a. Snoringb. Wheezingc. Gurglingd. Crowing

Summary:

Review:

- C Respiratory rate determined by counting breaths in 30 seconds and multiplying by 2.
- C The expansion, effort, and sounds of respiration are also important parts of the assessment.

Re-motivation:

Evaluation

Written test and/or quizzes.