

Measuring Respirations

NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

General Task: MEASURING RESPIRATIONS

Supplies Needed

1. A wrist-watch with second hand
2. Impermeable plastic trash bag

Procedures/Steps to Follow to Perform the Task

1. Explain the procedure to the resident.
2. Assist the resident to a position of comfort, preferably sitting.
3. Count respirations by watching the rise and fall of the chest or by placing your hand on the resident's chest to feel it rise and fall.
4. Use a watch and count respirations for a full minute. One breath is made up of both one inspiration and one expiration.
5. Provide resident comfort measures.
6. Wash hands with hand-washing solution or Hand Sanitizer if indicated.

Outcomes

1. Will obtain accurate measurement of resident respirations.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact)

1. Notify nurse if resident is experiencing breathing difficulty or if parameters listed on MAR are exceeded

