

Learner's Name: Paula Brown

Hand Washing

Blood Pressure

Normal Blood Pressure Range: <90/60 or >160/90

Pulse

Normal Pulse Range: <50 or >100

Respirations

Normal Respiration Range: <12 or >20

Temperature

Normal Temperature Range: <96 or >99

Weight

Measurement of Girth

Oxygen Saturation (Only to be completed per physician or nurse order)

Wong Baker Chart & FLACC Scale

Insulin Administration

SubQ Injections

Accu-Chek (Glucometer Testing)

Glucometer Use and Cleaning

Transfers (on an as-needed basis):

- Hoyer Lift
- Gait Belt
- Wheelchair Transfers

Feeding Tube

Foley Catheter Care

Colostomy

Kaitlynn Taylor RN

Nurse

Paula Brown

Learner

12/3/2021

Date

12-3-21

Date

This document is required to be uploaded into the Learner's LMS transcript as a component of DMA Certification.

## Monthly Vital Signs Monitoring Policy

**Purpose:** To establish a policy on the frequency of vital sign monitoring at the Organization.

**Policy:** It is the Organization's policy to monitor vital signs and weights on a regular/routine basis.

### Procedure:

#### Vital Signs

**NOTE: This policy is regarding the procedure that should be followed for routine monitoring of monthly vitals. However, if vitals fall below the ranges dictated below-STAFF SHOULD CALL 911 IF WORKING ALONE OR AFTER 5PM M-F and on WEEKENDS.**

1. Vital signs, which include temperature, pulse, pulse-oxygen (where a machine monitor's both), respirations, and blood pressure, are to be performed monthly for every Resident within the facility.
2. Vital signs are to be completed monthly for all residents. As much as possible, keeping to the same week each month is expected. Pulse Oxygen levels are not monitored monthly unless prescribed by a PCP.
3. Vital signs are to be documented on the vital signs and weight record and/or in the electronic resident record (the forms are kept in a binder at each site). If the blood pressure is lower than 90/60 or the pulse is below 50 beats per minute, it should always be documented in the EMAR and medical notified. If the blood pressure is 160/90 or the pulse is over 100 this should also be documented, and medical staff should be notified. If pulse oxygen levels are less than 95, this should be documented, and the medical staff should be notified.
4. Frequency of blood pressure/pulse monitoring may also be determined by physician's order.
5. Oximeters are only to be used per your regional nurse or on call medical's request, or if you have a specific order from a doctor. If the order is received from a doctor to monitor a client's oxygen level, we must have a specific oxygen level range from that resident's doctor. Any doctor's order must be added to the EMAR.

#### Weights

1. Residents' weights are to be performed monthly (unless otherwise ordered by a physician).
2. Weights are to be documented on the Vital Signs and Weight Record and/or in the electronic resident record.
3. Upon weighing a Resident:
  - o Assure that scale is at zero (0).
  - o Attempt to weigh at the same time of day.
  - o Encourage the Resident to empty pockets, if the pockets are full of items that could cause inaccuracy.
  - o Encourage the Resident to remove excess clothing/footwear if necessary (i.e., boots, shoes, coats, sweaters).