

# Measurement of Respiratory Rate

Experiment 21 - Practical Notes

Name: \_\_\_\_\_ Roll no.: \_\_\_\_\_ Date: \_\_\_\_\_

## Aim

To perform and document measurement of respiratory rate.

## Principle

Respiratory rate counts complete breathing cycles per minute; depth, effort and pattern provide additional information.

## Key Points

- One inspiration plus expiration is one cycle.
- Movement, anxiety and conversation can alter breathing.
- Record distress and irregular pattern as well as rate.

## Activity Procedure

### 1. Prepare

Explain the activity, obtain agreement and check the equipment and suitable resting conditions.

### 2. Perform

Observe breathing discreetly while maintaining comfort, count the assigned duration, and document rate, pattern and effort.

### 3. Record

Enter actual findings with units, method, time and any limitations.

### 4. Assess

Use the assigned teaching criteria and refer concerning symptoms for appropriate assessment.

## Human Anatomy and Physiology

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### Record and Observations

| Field                    | Actual record |
|--------------------------|---------------|
| Observation duration     | _____         |
| Cycles counted           | _____         |
| Rate, breaths/min        | _____         |
| Depth / effort / pattern | _____         |

### Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

### Precautions

- Use the device instructions and infection-prevention measures.
- Stop the teaching activity if the participant becomes unwell.

### Viva Questions and Answers

#### 1. What constitutes one breath?

One complete inspiration-expiration cycle.

#### 2. Why record units?

A number without units can be misunderstood.

#### 3. Why repeat an unexpected measurement?

A repeat under valid conditions helps identify technique or device error; concerning symptoms still require prompt review.

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