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.

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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