Therapeutics Terminology Lesson 1

1. Vital Signs – Temperature, pulse, respirations and blood pressure
2. Pulse – The beat of the heart felt at an artery as a wave of blood passes through the artery
3. Pulse Rate – Number of heart beats in a minute
4. Bradycardia – slow heart rate (less than 60bpm)
5. Tachycardia – rapid heart rate (greater than 100bpm)
6. Blood pressure – The amount of force exerted against the walls of an artery by the blood
7. Systole – heart muscle contraction – when the heart is at work
8. Diastole – heart muscle relaxes – when heart is at rest
9. Hypertension – BP measurements that remain above a systolic pressure of 140mm Hg or a diastolic BP of 90 mm Hg
10. Hypotension – When the systolic BP is below 90 mm Hg and the diastolic BP is below 60 mm Hg
11. Sphygmomanometer – a cuff and measuring device used to measure BP
12. Stethoscope – an instrument used to listen to sounds produced by the heart, lungs and other body organs
13. Temperature – the amount of heat in the body that is a balance between the amount of heat produced and the amount lost by the body.
14. Respiration – Breathing air into and out of lungs – (inhalation & exhalation)

Know abbreviations

*Temperature – T*

*Pulse – P*

*Respiratory Rate – RR*

*Blood Pressure – BP*

*mm Hg – millimeters of mercury*

*Axillary - Ax*