

# Vital Signs

Nursing

The core observations, what each measures, and what alters it.

*Typical resting adult values. Approximate — sources and institutions differ.*

| Sign             | Typical adult    | What alters it                  |
|------------------|------------------|---------------------------------|
| Temperature      | 36.1–37.2 °C     | Route, activity, environment    |
| Pulse            | 60–100 /min      | Rate, rhythm and strength       |
| Respirations     | 12–20 /min       | Count a full minute, unseen     |
| Blood pressure   | near 120/80 mmHg | Cuff size, posture, arm         |
| SpO <sub>2</sub> | 94–98% on air    | Perfusion, nail varnish, motion |
| Consciousness    | Alert            | Use AVPU or GCS to grade it     |

Educational reference. Ranges are approximate and vary with age, source and local policy. Your institution's chart and escalation protocol