

## OBSERVATIONS

This is a Guide to Normal Values

### Temperature

Celsius only is used to record temperature clinically.

Normal temperature	<b>37°C.</b>
Mildly elevated	37.5°C - 38°C
Significantly raised	38.5°C - 39°C
Very high	39.5°C – or more

### Normal Respiratory Rate – breaths per minute (bpm)

Age	Respiratory Rate
< 1 year	30 – 40 bpm
1 – 2 years	25 – 35 bpm
2 – 5 years	25 – 30 bpm
5 – 12 years	20 – 25 bpm
> 12 years	15 – 20 bpm
ADULT	12 – 20 bpm

### Pulse Oximetry

Oxygen saturation (O<sub>2</sub> sats) beware nail varnish may give falsely low readings

Oxygen saturation of haemoglobin spans a very **NARROW NORMAL RANGE.**

**96 – 100% O<sub>2</sub> sats**

Readings below this range are significant.

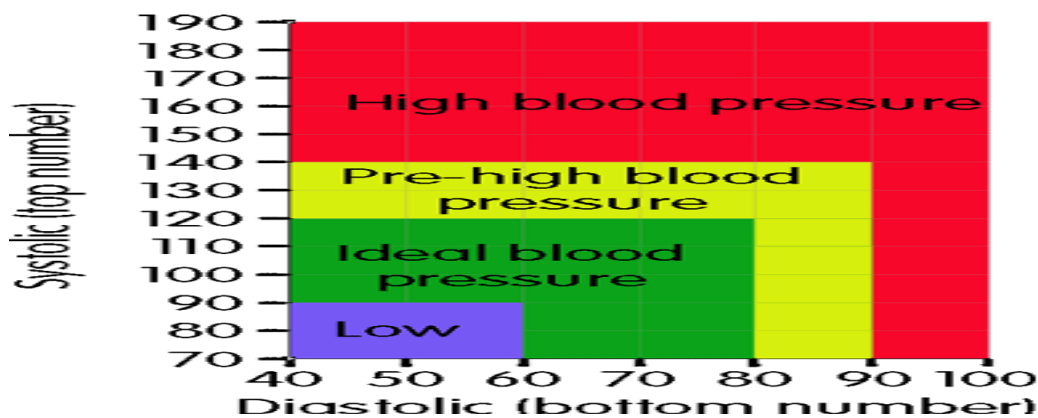
### Heart Rate – pulse (beats per minute)

Age	Heart Rate
< 1 year	110 – 160 bpm
1 – 2 years	100 – 150 bpm
2 – 5 years	95 – 140 bpm
5 – 12 years	80 – 120 bpm
> 12 years	60 – 100 bpm
ADULT	Over 120 bpm is significant

### Blood Glucose

Normal blood glucose IN A NON DIABETIC range around 3.5 – 6mmol/l however following a meal the reading may transiently rise to > 10mmol/l

### Blood pressure chart for adults



**Predicted Average Peak Expiratory Flow (liters per minute)**

**Normal Males**

Age (Years)	Height				
	60"	65"	70"	75"	80"
20	554	602	649	693	740
25	543	590	636	679	725
30	532	577	622	664	710
35	521	565	609	651	695
40	509	552	596	636	680
45	498	540	583	622	665
50	486	527	569	607	649
55	475	515	556	593	634
60	463	502	542	578	618
65	452	490	529	564	603
70	440	477	515	550	587

**Normal Females**

Age (Years)	Height				
	55"	60"	65"	70"	75"
20	390	423	460	496	529
25	385	418	454	490	523
30	380	413	448	483	516
35	375	408	442	476	509
40	370	402	436	470	502
45	365	397	430	464	495
50	360	391	424	457	488
55	355	386	418	451	482
60	350	380	412	445	475
65	345	375	406	439	468
70	340	369	400	432	461

**Normal Children and Adolescents**

Height (inches)	Males & Females
43"	147
44"	160
45"	173
46"	187
47"	200
48"	214
49"	227
50"	240
51"	254
52"	267
53"	280
54"	293
55"	307
56"	320
57"	334
58"	347
59"	360
60"	373
61"	387
62"	400
63"	413
64"	427
65"	440
66"	454

