

Vital signs

Normal values



Respiratory Rate

12-20 (per minute)



Heart Rate/Pulse

60-100 (per minute)



Temperature

36.0 - 37.5



Blood pressure

90/60 - 140/90



Oxygen Saturation

95-100% (92% or below
urgent escalation)

A guide on how to call for medical or nursing assistance/help



SBAR

S

SITUATION

- Identify yourself
- Identify the resident/client by name and the reason for your call
- Describe your concern

B

BACKGROUND

- What long term illness does the resident/client have? Provide a list of current medication

A

ASSESSMENT

- What are the resident/clients' vital signs, NEWS2 score and other relevant information. What actions (if any) have you taken already?

R

RECOMMENDATION

- Explain what you need – be specific about request and time frame