

## Checklist: Counting Respirations

<b>Counting Respirations</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
1. Perform hand hygiene and identify the patient according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Explain the procedure and provide privacy as appropriate. Avoid drawing attention to the respiratory assessment to help ensure an accurate reading.	<input type="checkbox"/>	<input type="checkbox"/>
3. After you have counted the pulse rate, leave your fingers on the radial pulse and start counting the number of times the chest rises and falls during one minute. Count one inhalation and one exhalation as one respiration. Count respirations for one full minute if respirations are irregular.	<input type="checkbox"/>	<input type="checkbox"/>
4. Continue holding the patient's wrist as though still assessing the pulse while observing respirations.	<input type="checkbox"/>	<input type="checkbox"/>
5. Note the depth and regularity of respirations. Observe for labored breathing, use of accessory muscles, shortness of breath, coughing, or abnormal breathing patterns.	<input type="checkbox"/>	<input type="checkbox"/>
6. Record the time, rate, depth, and regularity of respirations. Report abnormal respirations or signs of respiratory distress according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
7. Perform hand hygiene after completing care.	<input type="checkbox"/>	<input type="checkbox"/>