

KEY CONCEPTS

Vital Signs

Clinical measurements that indicate the state of a patient's essential bodily functions.

Pulse

Also known as heart rate. The number of times that the heart beats in one minute.

Respiratory Rate

The number of breaths taken in one minute.

Oxygen Saturation

A measure of the amount of oxygen carried by the red blood cells in the blood. Measured as a percentage.

Asthma

A chronic respiratory disease that causes breathing difficulties.

Asthma Trigger

Environmental and physiological factors (i.e. cigarette smoke, dust, pollen, exercise, fear, etc.) that can lead to an asthma attack.

Asthma Attack

The sudden onset of acute asthma symptoms caused by the constriction of the smooth muscles of the trachea and bronchi and the production of mucus in the airways.

Wheeze

The sound of air being inhaled and exhaled through narrowed airways. A symptom of asthma.

BMI

A quick calculation of weight health based on weight and height. Unreliable without physical examination due to a lack of consideration for muscle mass.