



Carol Taylor LCSW



Theresa Robinett

Our Professional Support Team!



Scott Veatch



Dani Mandelstam-Guerttman

MISSION

We are a community of experienced professionals who partner with caregivers to provide confidential education and support free of cost to those whose loved ones are living with dementia.



VISION

Our vision is to create a vibrant, active community that touches every caregiver in Wyoming in order to harness personal strengths and local resources to ultimately provide the best care possible for those living with dementia.



BUILDING CAREGIVER CONFIDENCE

Vitals – The Good, the Bad and the Basics



Carley Applegate, MHA
VP Devotion Health Care
March 23rd, 2022



Today's Agenda

1

Welcome and Introductions

2

Presentation: Vitals – The Basics

3

Discussion: Questions, Thoughts and Reflections.

4

Thank you

Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf

The goal of today's session is to provide you with education on the importance of keeping a record of basic vital signs, such as weight, pulse and blood pressure. You will also understand how to build a routine that works best for you and your loved one.



Sabine Schenck



Jenny Wolf

We are in this together

Today we will talk about ...

Vital Signs - the basics

Building a routine

How to measure and record?



Today's Speaker



Carley Applegate, MHA, VP Devotion Health Care

Carley comes to Wyoming Dementia Together with nearly 20 years of Healthcare Experience, to include Long-Term Care, LTACH, Acute Care, Home Health and Hospice. In 2017, Carley successfully opened the first Accredited Home Health in the State of Wyoming and now operates 3 Home and Community Based agencies. She was trained as a Dementia Specialist, trained in Life Safety and has lectured at the University of Wyoming Medical Resident program. She currently is pursuing a nationally recognized Home Health and Hospice Operators certification through CHAP, again being the first in the State of Wyoming to hold this distinction. She grew up in Cody, WY and now resides in Casper with her husband, Ben and their 4 children



Vitals: The Good, the Bad and the Basics

PRESENTED BY CARLEY APPLGATE, MHA

Vitals



WHAT ARE VITALS?
GETTING STARTED



SETTING UP A ROUTINE
MAINTAINING A VITALS LOG



USING DATA FOR ADVOCACY
EQUIPMENT MAINTENANCE

What are Vitals? Why do I need to know them as a Caregiver?

Vitals are just data

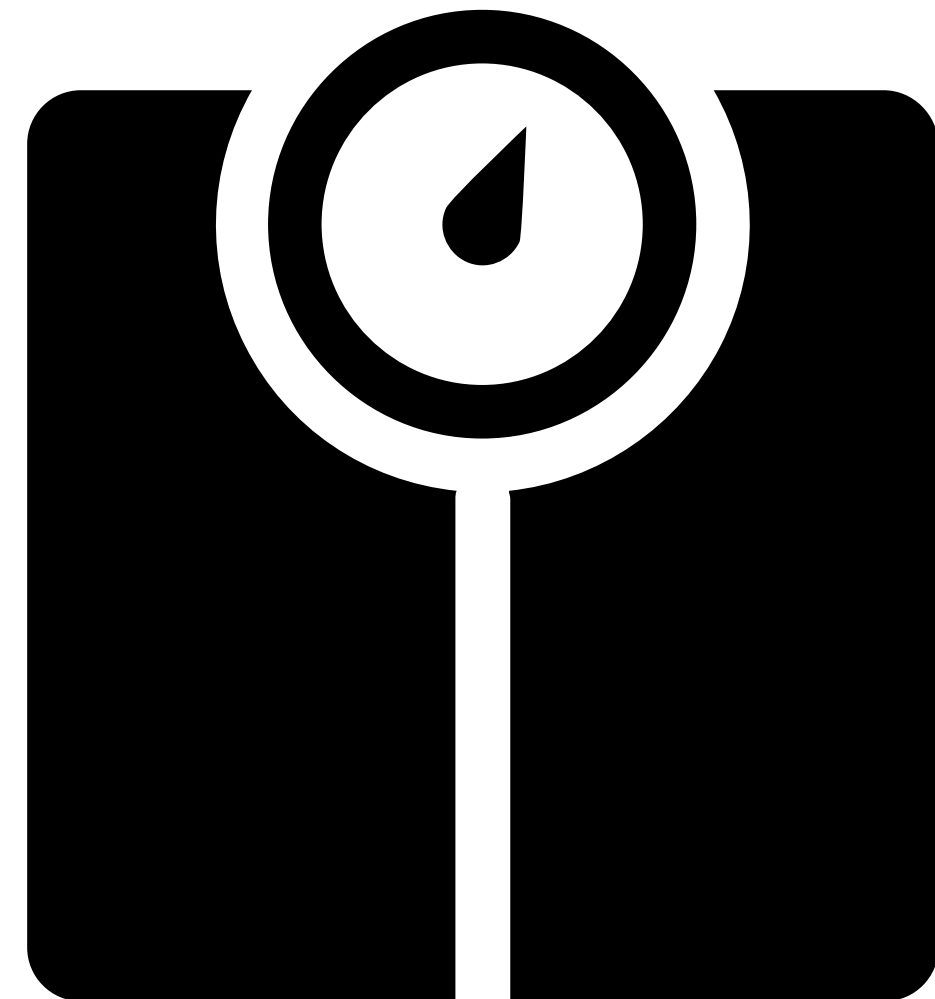
- ▶ Weight
- ▶ Temperature
- ▶ Pulse
- ▶ O2 saturation
- ▶ Respiration Rate
- ▶ Blood Pressure

The more data you can present to your PCP the better

- ▶ Vitals can indicate pain when someone is unable to communicate
- ▶ Detect early signs of infection or change of condition
- ▶ Can change due to medications
- ▶ Validate need for medication changes
- ▶ A glimpse of overall health

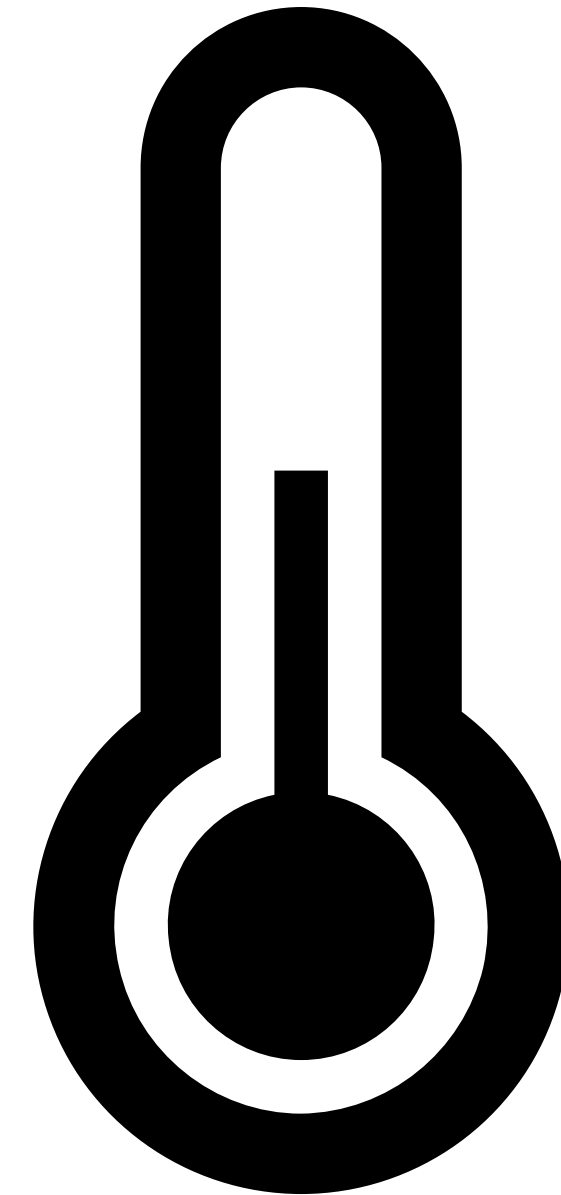
Obtaining Weights

- ▶ While weight is not a classic vital sign it can be a significant indicator of ones' health especially if CHF or nutritional intake is a concern.
- ▶ Weights should be obtained in the mornings following your loved ones first bathroom break. This will help establish their dry weight.
- ▶ Dry weight is the most accurate, as most people's weight fluctuates throughout the day.
- ▶ Sudden fluctuations in weight should be reported to your physician.
- ▶ Should be obtained in similar clothing
- ▶ A simple spring-loaded scale is more than adequate for this task and should be calibrated on a regular basis.



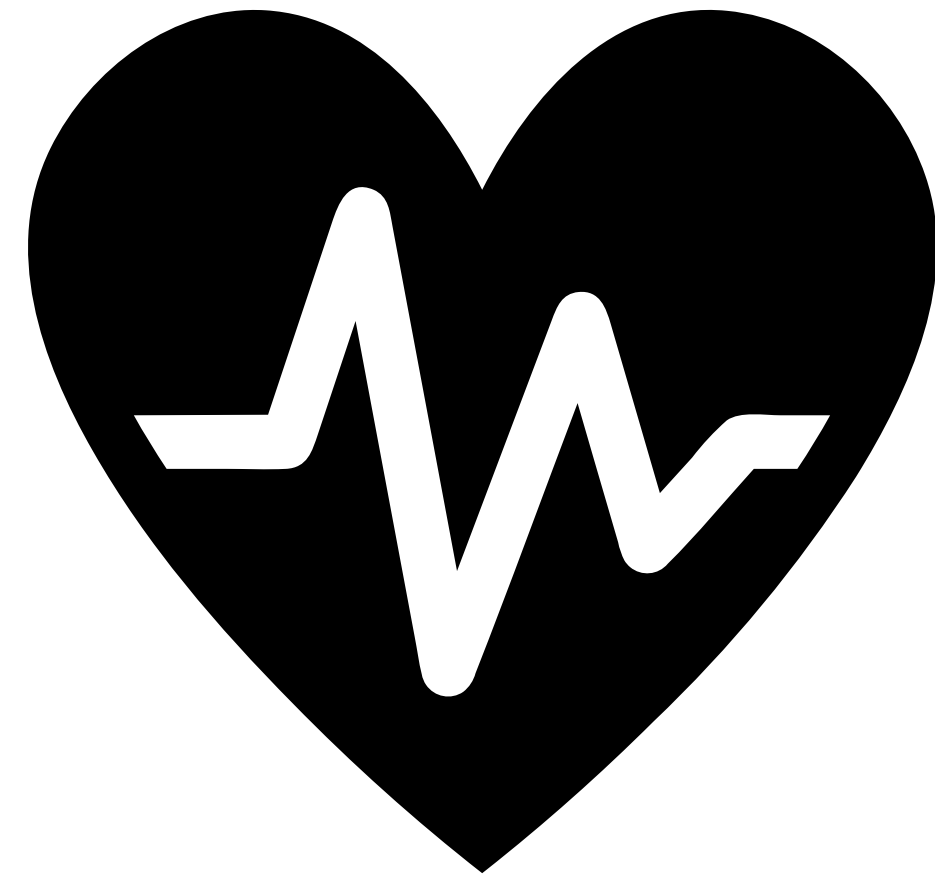
Monitoring Temps

- ▶ Normal body temp can vary person to person depending on gender, recent activity, food and fluid consumption and the time of day. Normal body temperature can range from 97-99 degrees F. for healthy adults.
- ▶ Knowing your loved one's baseline temperature can assist more accurate treatment.
- ▶ Temperature may be abnormal due to fever or inflammation
- ▶ And increased temp is a possible sign of infection
- ▶ Temperatures can be obtained orally, rectally, axillary, tympanic or temporal. Temporal thermometers are cost effective and can be used for an entire household.



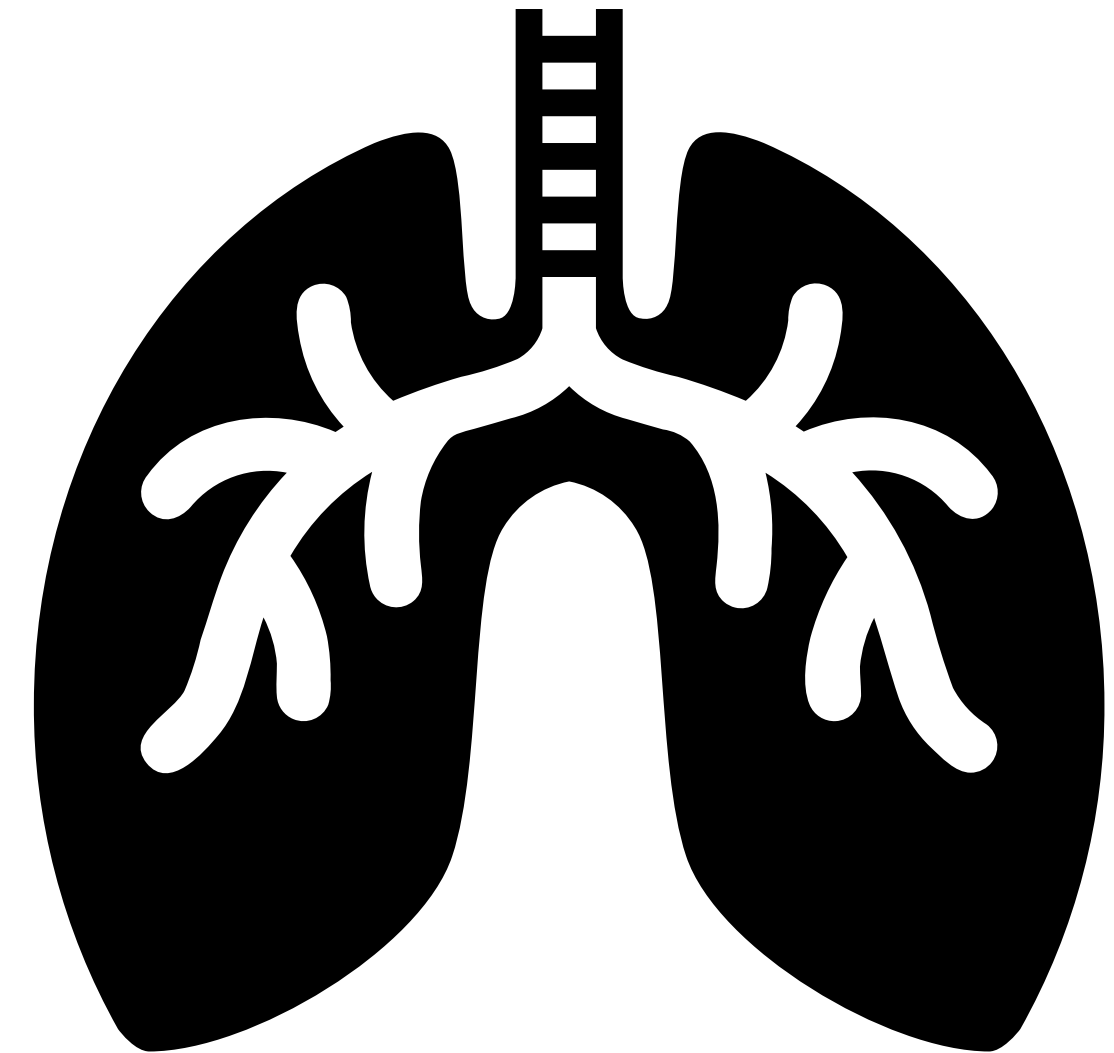
Monitoring Pulse and Oxygen Saturation

- ▶ A pulse rate is a count of how fast your heart is beating within 60 seconds, a healthy heart rate can range between 60-100 beats per minute.
- ▶ Higher than 101/bpm is considered tachycardic while less than 59 is considered bradycardic.
- ▶ Oxygen saturation can only be captured using a pulse oximeter-which calculated oxygen in you blood as a percentage and gives an indication of how your lungs are working.
- ▶ Normal O2 sats range from 95-100%, though some disease process can suppress saturation long term.
- ▶ A pulse oximeter will give you a read out of heart rate and O2 saturations at the same time. Always rest for 5 minutes prior to obtaining these vitals.



Respiration Rate

- ▶ Your Respiration rate is simply how many breathes you take in 60 seconds.
- ▶ Normal ranges for a healthy adult are 12-16/bmp
- ▶ The easiest way for checking your loved ones' respirations is to count their chest moving over the course of a minute. This can be done in conjunction with obtaining other vitals for the day.
- ▶ Increased respirations rates can be caused by physical activity, distress or pain. Stress and anxiety can also increase respirations.
- ▶ Some pain and anxiety medications can decrease respirations
- ▶ Declining respiration rates less than 8 can be a sign of respiratory failure, and should be receive immediate medical care.



Monitoring Blood Pressure

- ▶ Blood pressure is the most complex of the vitals signs. Consisting of 2 separate measurements, systolic pressure (SP) measures the pressure inside the artery when the heart contracts pumping blood throughout the body.
- ▶ The diastolic pressure (DP) measure the pressure of the artery when the heart is resting and refilling.
- ▶ Recorded as SP/DP, the SP should always be higher than the DP.
- ▶ While there are normal and abnormal ranges for high blood pressures, knowing your loved one's baseline BP can be very important.
- ▶ Should you see a trending increase or decrease of blood pressure record these reading with notes on how your loved ones is feeling that day.
- ▶ Always rest for 5 minutes prior to taking any vitals.





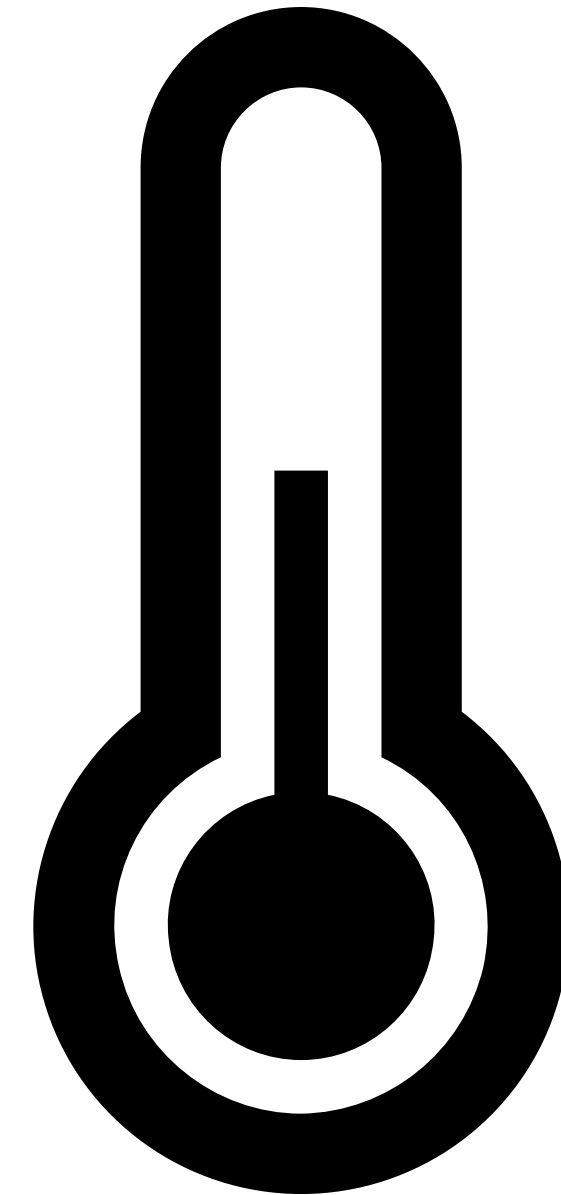
Setting up your Routine and Vitals Logs.

Not everyone needs daily or weekly vitals, it is important to work with your PCP on the frequency needed to maintain health. Your PCP may not have a preference, meaning you should establish a routine that works for you.

Maintaining Vitals Logs, makes all this hard work accessible data for your PCP and specialists. The data can be compared to events like medication changes, condition changes, improvements and declines.

Maintaining Thermometers

- ▶ Temporal thermometers are recommended, they are the least invasive, accurate and are easy to clean.
- ▶ Always read through the manufacture's guidelines, but most temporal thermometers are accurate within 1 Degree.
- ▶ Change batteries at least every 6 months, and these thermometers are good for 18-24 months with regular use.
- ▶ Clean with rubbing alcohol between uses.



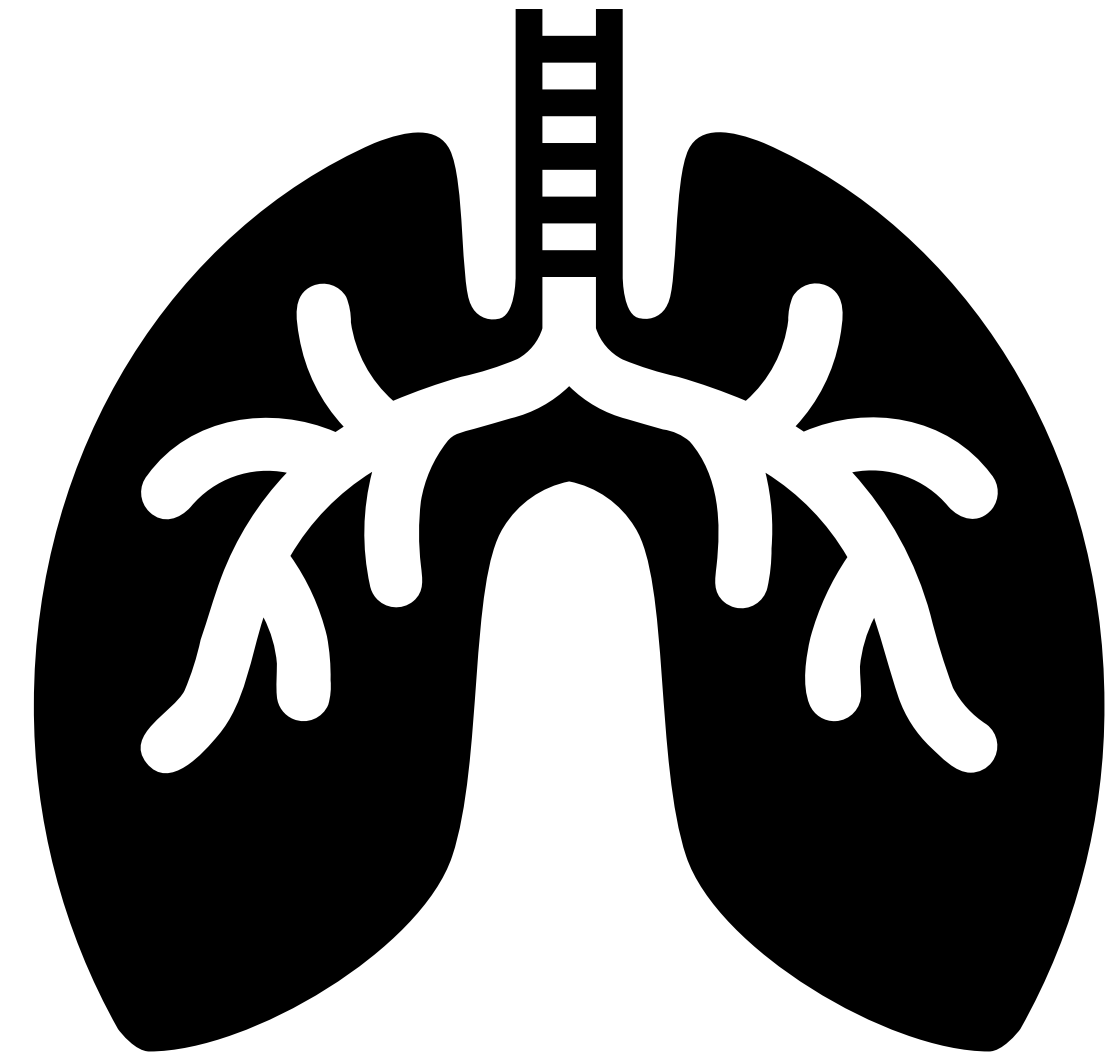
Monitoring Pulse and Oxygen Saturation

- ▶ Pulse Oximeters can be one of the pricier products. Running between \$35-\$65. Mid Priced Oximeters are the most cost effective.
- ▶ Change batteries every 90 days or 3 months, despite frequency of use.
- ▶ Clean with rubbing alcohol only.
- ▶ The light sensor on pulse oximeters can get occluded and can affect readings.
- ▶ Maximum life is 18 months, though you usually lose it before then.



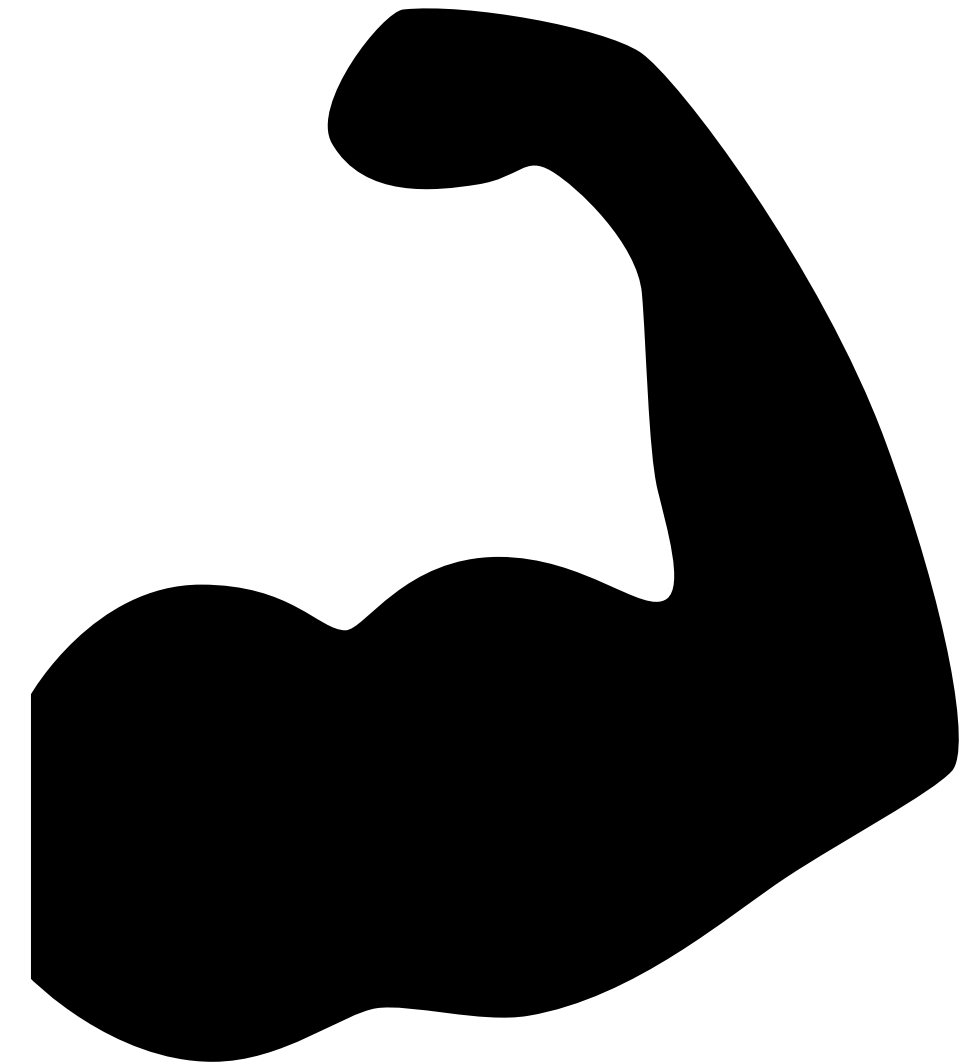
Respiration Rate

- ▶ No equipment here! Use your phone's stopwatch, Microwave, or any clock with a second hand.
- ▶ Remember to watch the shoulders or chest rise, each rise counts as one breath.
- ▶ More practice the better you get.



Monitoring Blood Pressure

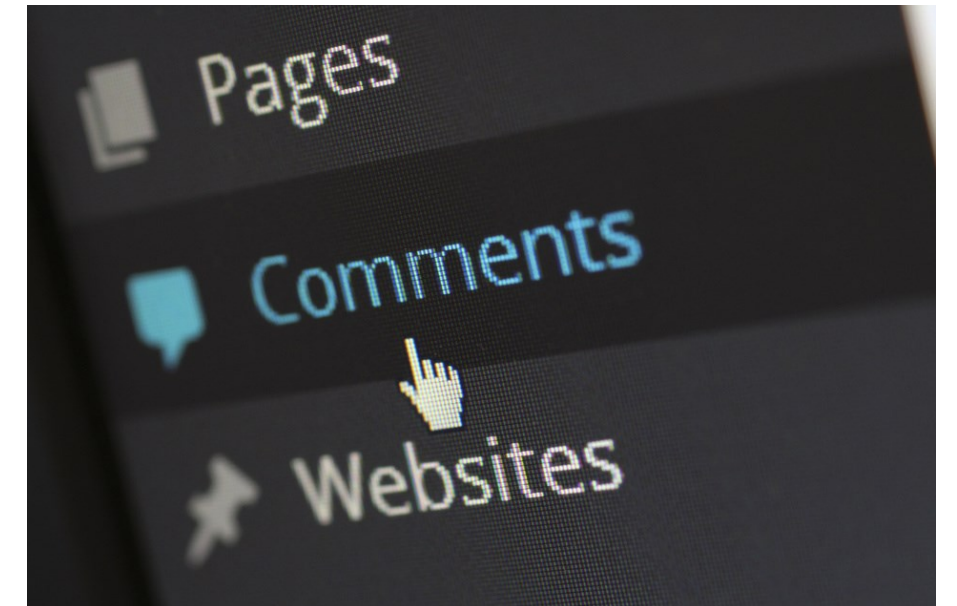
- ▶ The most accurate blood pressures measurements are from highly trained professionals obtaining a manual measurement. In lieu of that electronic blood pressure cuffs are a great alternative.
- ▶ Wrist position Blood Pressure Machines are accessible in nearly every store in the country. Can range from \$25-\$50 each.
- ▶ Change batteries every 6 months, regardless of frequency of use.
- ▶ Most electronic style Blood Pressure Machines are good for 1 year, the older they are the more worn out the air pump is, resulting in erroneous readings.



The background is a dark purple gradient. It features several decorative elements: a large light purple circle on the right side, a smaller light purple circle above it, a light purple semi-circle on the left side, and a vertical magenta rectangle in the top right corner. The text "Questions & Discussion" is centered in white.

Questions & Discussion

Did we address everything you wanted to learn today?



What questions do you have?



Stay in the moment



Breathe



We are in this together

Wyoming Dementia Together Caregiver Network

Post Session Evaluation Link

March 23rd, 2022

Vitals the Good, the Bad, and the Basics

https://uwyo.sjc1.qualtrics.com/jfe/form/SV_87X7Sijn9hfgFLg



Contact information

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Save The Date



Join us in sponsoring
 Wyoming's premier
 networking & educational event
 on Alzheimer's Disease

Rocky Mountain Alzheimer's Summit

"A BOLD Approach to Alzheimer's Disease"

The Summit will feature plenary presentations from the CDC
 BOLD Centers of Excellence on Alzheimer's Disease.

May 18th-20th, 2022

In-person at Little America Hotel & Resort, Cheyenne, WY
 or online via the WyCOA Events App

Preconference Workshops Wednesday, May 18th

For caregivers of older adults.
 Options include:

- ⇒ Medical Caregiving Workshop
- ⇒ Dementia Behavior Management and Communication Workshop

- *Attend in-person or online
- *Registration fee \$25
- *Certificate of Completion available
- *Respite Care Available

Rocky Mountain Alzheimer's Summit Thursday, May 19th and Friday, May 20th

For healthcare professionals, social service
 providers, and direct care workers

The Summit will feature plenary presentations from the CDC BOLD Centers on Alzheimer's Disease. Topics will include early detection of dementia, supporting dementia caregivers, reducing risk for dementia, effects of COVID on brain health, and much more. Participants will receive continuing education credits and opportunities for networking.

- Attend in-person or watch online
- Registration fee \$125
- Continuing Education Credits will be available

More information and registration coming soon!

<i>Educational Discussion Topics: March - June 2022</i>	
<i>Topic Series: Building Caregiver Confidence</i>	
March 23rd	Vitals - the Good, the Bad and the Basics
April 6th	Managing your Loved one's Medications
April 20th	Home Exercise Programs and Safe Transfers
May 4th	Compassion Fatigue and Caregiver Self-Care
May 18th	NO SESSION! <u>Join WyCOA for the Rocky Mountain Alzheimer's Summit!</u>
June 1st	Engaging Activities for Your Loved One and You to Enhance Cognitive Engagement
June 15th	Contenance Care and Personal Hygiene
June 29th	Planning for Good Health - Medical Decision Making
<p><i>SAVE THE 2022 DATES:</i> <i>June 29th, July 13th, July 27th, August 10th</i> <i>And more!</i></p>	

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