

判斷生命徵象

Determination on Vital Signs

體溫、脈搏、呼吸、血壓此四項指標，稱之為生命徵象，代表著每個人目前身體狀況。

The four indicators, including body temperature, pulse rate, respiratory rate and blood pressure, are referred to as the vital signs, which represent physical conditions of an individual at the time.

由於這四個項目指標，在照顧上是非常重要的依據，建議每個項目每天至少都要測量一次，且在測量前30分鐘，應避免運動、洗澡（擦澡）、進食（灌食）、及發生情緒激動情形，若有上述情況發生，請間隔30分鐘後再行測量，以免影響測量值，造成數據上判讀之誤差。

Since these four item indicators are very important basis for the caregivers, it is recommended that each item should be measured at least once every day. In addition, exercise, bathing (sponge bath), feeding (tube feeding) and emotional situation should be avoided 30 minutes prior to the measurement of the aforesaid four items. In case of an occurrence of the aforesaid situations, measurement should be conducted 30 minutes later to avoid affecting the measured values and causing errors on the data interpretation.

記得測量前後，請記得洗手喔！避免相互感染，保護自己也保護被看護人喔！

Please remember to wash your hands before and after taking the measurement!
Avoid catching infection from each other to protect yourself and the person being cared for by you!

如何測量體溫、脈搏、呼吸、血壓，以下有簡易操作說明：

Easy operating instructions on how to measure body temperature, pulse rate, respiratory rate and blood pressure are given as follows.

【測量體溫 Body Temperature Measurement】

用物準備：

Preparation for necessary items:

體溫計（耳溫槍、耳套或電子體溫計）、紀錄本。

列印日期： 年 月 日

單位：

05-2756000 分機：



Thermometer (ear thermometer, earmuff or digital thermometer), a record book.

步驟： Steps:

以使用耳溫槍為例：

When using the ear thermometer:

1. 先檢查耳朵有無耳垢，耳垢過多，會干擾紅外線熱能，影響測量。

Check first whether there is any ear wax in the ear; excessive ear wax will interfere with the infrared heat and affect the measurement.

2. 若有耳垢則用棉棒清潔。

Use a cotton swab to clean the earwax if there is any.

3. 套上耳套並打開電源。

Put on the earmuff and turn the power on.

4. 放置耳溫槍時，拉直原本彎曲的耳腔，使耳溫槍能正確偵測到耳朵鼓膜，以獲得標準溫度。

Pull the ear to straighten the originally curved auditory meatus when placing the ear thermometer inside the ear so that the ear thermometer can correctly detect the eardrum in order to get an accurate reading of the temperature.

5. 將耳溫槍置入外耳道，長按測量鈕，待聽到嗶嗶聲，便可得到耳溫。

Put the ear thermometer into the external auditory meatus, and press and hold the measuring button until hearing beeps, indicating that an ear temperature is obtained.

6 紀錄數據，如：37°C。

Record the measured data, such as: 37°C.

以使用電子體溫計為例：

When using the digital thermometer:

1. 打開電子體溫計，讓金屬端置於腋下夾緊。

Turn on the digital thermometer and place the metal end of the thermometer under the armpit and hold it tightly.

2. 當出現嗶嗶二聲，螢幕上之數據即為腋溫。

When hearing two beeps, data shown on the screen is the axillary temperature.

3. 紀錄數據，如：37°C。

Record the measured data, such as: 37°C.

注意： Notes:

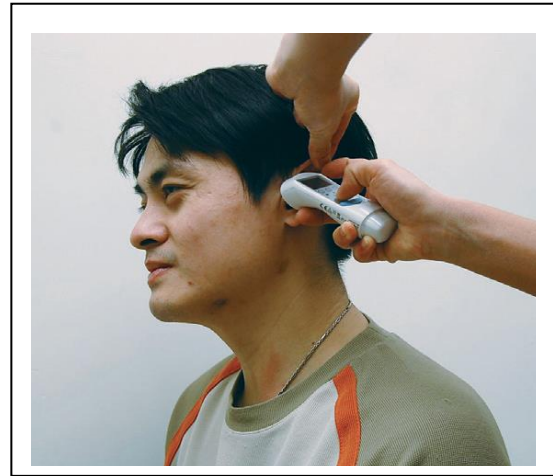
1. 拉直耳道對測溫準確與否很重要，三歲以下，要把耳朵往下往後拉，三歲以上要把耳朵向上向後拉。

It is very important to pull the auditory meatus straight for an accurate temperature measurement. For a baby less than three years old, the ear must

be pulled back and down, and for a person more than one year old (including an adult), the ear should be pulled up and back.

2. 當耳溫超過38°C、腋溫37.5°C以上，即表示開始有發燒情形，請予多補充水份，同時聯繫雇主，評估是否就醫。

When ear temperature exceeds 38°C or axillary temperature exceeds 37.5°C, it indicates that the person being measured is having a fever. The patient or ward should drink lots of fluids, and the caregiver should immediately contact the employer to assess whether the patient or ward should seek medical treatment.



【測量脈搏 Pulse Rate Measurement】

用物準備：

Preparation for necessary items:

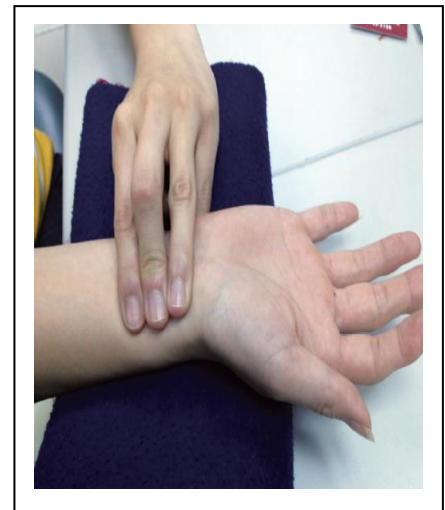
使用有秒針的錶 (或是電子錶、手機等)、筆、紀錄本。

A watch with a second hand (or an electronic watch, a mobile phone, etc.), a pen, a record book.

步驟： **Steps:**

1. 協助被看護人採舒適的姿勢，如坐姿或平躺，手肘與心臟同高或維持水平後測量血壓。

Assist the patient or ward to have a comfortable position, such as sitting or lying down. Blood pressure can be measured



when the elbow and heart are at the same height or maintain the same level.

2. 手臂給予支托，以食指、中指、無名指輕壓橈動脈(以能清楚感覺搏動的力道為宜)。

Give support to one arm, and gently press on the radial artery of the arm with the index finger, middle finger and ring finger (by applying a force which can make you clearly feel the beating).

3. 計時測量1分鐘之脈動次數。

Measure total number of beats for one minute.

4. 紀錄數據，如：70下/分。

Record the measured data, such as: 70 beats / min

注意：Notes:

1. 橈動脈位於『手腕靠大拇指側的下方，是最常測量之脈搏點』。

The radial artery is located “at the wrist below the side of the thumb, and is the most common spot for measuring the pulse rate.”

2. 當脈搏跳動每分鐘超過100次或小於50次，伴隨有胸口悶、心臟不適感、呼吸急促，請予情緒安撫、提供氧氣，同時請盡快聯繫雇主並協助送醫。

In case the measured pulse rate exceeds 100 beats per minute or less than 50 beats per minute accompanied by chest tightness, cardiac discomfort or short of breath, the caregiver should appease the emotion of the patient or ward, supply oxygen and, at the same time, contact the employer as soon as possible, and provide assistance in taking the patient or ward to a hospital.

3. 如有2.不適情況，需測量頸動脈，以確保生命徵象狀態。

In case the aforesaid discomfort condition of 2. occurs, it is necessary to measure carotid artery in order to ensure vital sign state.

【測量呼吸 Respiration Measurement】

用物準備：

Preparation for necessary items:

使用有秒針的錶(或是電子錶、手機等)、紀錄本、筆。

A watch with a second hand (or an electronic watch, a mobile phone, etc.), a pen, a record book.

步驟：Steps:

1. 被看護人採坐姿或平躺，情緒應平穩，且30 分鐘內不能有任何活動，如有上述情況應休息15-30 分鐘，再測量。

The patient or ward should sit or lie down with smooth emotion, and should not have any activity within 30 minutes prior to taking the measurement. In case of the aforesaid situation, the person being cared for should take a rest for 15 to 30 minutes before taking the measurement.

2. 用眼睛觀察被看護人之胸腹部起伏1 分鐘（上下起伏計算為一次）。

Observe with your eyes the ups and downs of the chest and abdomen of the cared-for for one minute (each up and down is counted as one breath).

3. 仔細測量呼吸之深度、速率和節律及呼吸的聲音。

Carefully measure the depth, breathing rate, rhythm and sound of breathing.

4. 紀錄數據，如：15 次 / 分。

Record the measured data, such as: 15 breaths / minute

5. 被看護人如為6 歲以下，60 歲以上者及孕婦等為腹式呼吸，其他成人者為胸式呼吸，監測呼吸時需留意部位。

If the person being cared for is under 6 years old, above 60 years old or pregnant, abdominal breathing is measured. Chest breathing is measured for other adults. The caregiver should pay attention to the body part being measured when monitoring respiration.

注意： **Notes:**

當呼吸次數每分鐘超過30 次或小於12 次、伴隨呼吸費力、胸腹部起伏不規則情形，請抬高床頭，同時盡快聯繫雇主並協助送醫。

When number of breaths per minute exceeds 30 breaths or less than 12 breaths along with labored breathing and irregular ups and downs of the chest and abdomen, the caregiver should raise the head of the bed and, at the same time, contact the employer as soon as possible, and provide assistance in taking the patient or ward to a hospital.

【測量血壓 Blood Pressure Measurement】

用物準備：

Preparation for necessary items:

電子血壓計、紀錄本、筆。

An electronic sphygmomanometer, a record book, a pen.

步驟： Steps:

1. 協助被看護人採舒適的坐姿或臥姿，手臂可用小枕頭、小浴巾或被單支托。

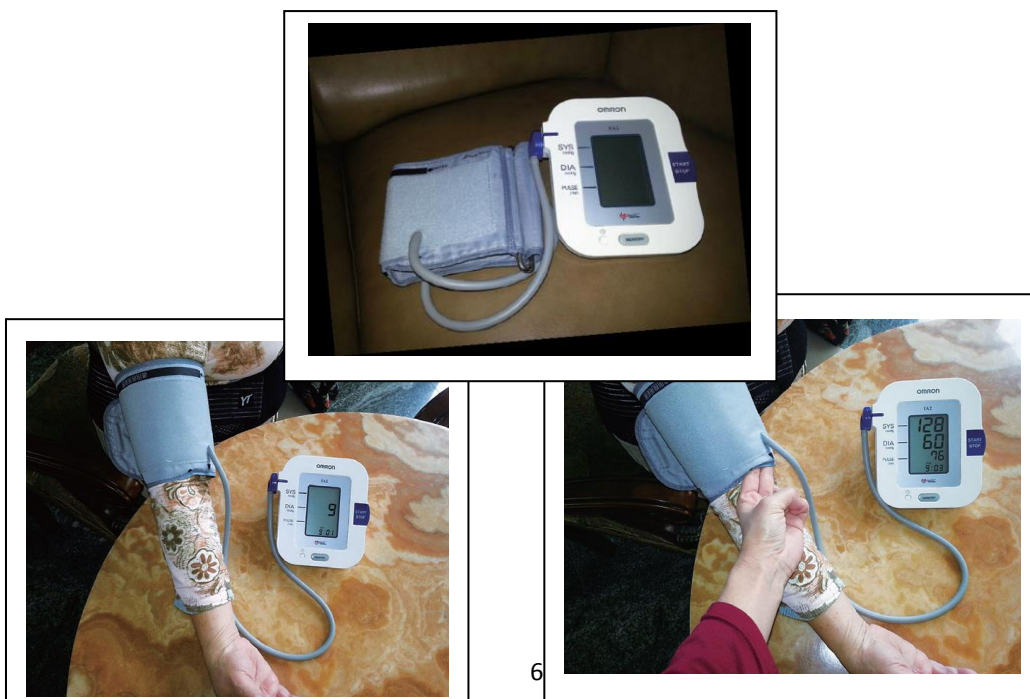
Assist the patient or ward to take a comfortable sitting or lying position. A small pillow, small bath towel or bed sheet can be used to support the arm.

2. 將被看護人衣袖捲至上臂或將袖子拉平順，找出肱動脈位置，使肱動脈位置與心臟同高。

Roll up the sleeve of the arm of the patient or ward to the upper arm or pull the sleeve straight, then find the position of the brachial artery and make sure that the brachial artery position is at the same level as the heart.

3. 血壓計放於平穩之處，讓被看護人手心朝上，將壓脈帶纏繞在上臂，壓脈帶下緣位置須距肘關節窩2-3cm 處。壓脈帶鬆緊以伸入兩平指為宜，若壓脈帶上有♂之記號（充氣囊之施力中點），則將之對準肱動脈。

Place the blood pressure monitor in a smooth place, and have the palm of the patient facing up; wrap the cuff around the upper arm, and lower edge of the cuff should be 2-3 cm away from the cubital fossa. You should be able to insert 2 straight fingers between the cuff and the arm for an accurate fit. If there is a mark '♂' (midpoint of force application of the inflatable bag) on the cuff, then you should let the mark aim at the brachial artery.



4. 按下測量鍵。

Press the measuring button

5. 確定測量結果，取下壓脈帶。

Make sure you have a correct reading, and then remove the cuff.

6. 紀錄數據，例如：120/80 mmHg。

Record the measured data, such as: 120/80 mmHg

注意：**Notes:**

1. 評估被看護人是否適合測量，確定被看護人30分鐘內有無運動或情緒激動等情況，若有，則休息20-30分鐘後再測量。

The caregiver should assess whether the patient or ward is suitable for a measurement, and make sure that the patient or ward did not have any exercise or agitation of emotion within 30 minutes prior to taking the measurement. In case the aforesaid situation did occur, the patient or ward should take a rest for 20 to 30 minutes before taking the measurement.

2. 注意被看護人的姿勢，測量時手臂應有適當的支托。

Please pay attention to the posture of the patient. The patient should have a proper support under the arm for the measurement.

3. 選擇適當的測量部位，最好每次測量同一部位。

Select an appropriate spot for the measurement, and it is better to have the same spot for every measurement.

4. 測量血壓，露出手臂時，要注意保暖，測量完畢後也要盡快整理衣袖，以免著涼。

When the arm for measuring blood pressure is exposed, the caregiver should keep the patient warm, and roll down the sleeve as quickly as possible after finishing the measurement so that the patient will not catch cold.

5. 儘量測量赤膊的手臂，天冷時，可穿薄內衣或長袖測量，但須將衣服撫平整。

Try to take the measurement on a naked arm. The patient can wear a thin underwear or long sleeve for the measurement in cold weather, but the clothing must be smoothed.

6. 視情況，若需重複測量時，最好暫停1-2分鐘或活動一下手後再測，且壓脈帶要放鬆，並壓出氣囊內空氣。

Depending on situations, if it is necessary to repeat the measurement, it is better to have the patient rest for one to two minutes or allow the arm to have a little exercise prior to taking another measurement. In addition, the cuff should be loosened to press the air out of the air bag.

7. 首次測量被看護人血壓應雙手都量，之後以數值較高那側為主，若雙手舒張壓相差 10 mmHg 或收縮壓相差 20 mmHg 以上，應再確認一次，並了解是否主動脈狹窄或其它問題。另次監測時，確認壓脈帶監測，是否確實對準肱動脈最大搏動點。

Both arms of the person being cared for should be measured for the first time. The arm with higher blood pressure value should be the arm for the following measurement. In case the difference between the diastolic blood pressures of both arms is more than 10 mmHg or the difference between the systolic blood pressures of both arms is more than 20 mmHg, the measurement should be performed one more time. The caregiver also should understand whether there is a problem of aortic stenosis or other problems. In addition, you should make sure if the mark on the cuff truly aligns with the point of maximal impulse of the brachial artery.

8. 一般血壓正常值為收縮壓：90-140 mmHg、舒張壓 60-90 mmHg (50-90 mmHg)。In general, normal value of systolic blood pressure is 90-140 mmHg, and normal value of diastolic blood pressure is 60-90 mmHg (50-90 mmHg).

9. 測量血壓時，造成血壓測量誤差的因素可分：血壓假性偏高、血壓假性偏低。

When measuring blood pressure, the factors causing blood pressure measurement error include: pseudo high blood pressure and pseudo low blood pressure.

(1) 假性偏高

Pseudo high blood pressure

A. 被測者手臂位置低於心臟。

The arm position of the person being measured is lower than the position of the heart.

B. 未能使用大小合宜之壓脈帶：太窄時，測出的值較高。

Fail to use an appropriate cuff: The cuff is too narrow so that the measured value is higher.

C. 壓脈帶包裹得太鬆或不平均（則需要更大的壓力才能壓住肱動脈血流）。

Wrapping of the cuff is too loose or uneven (requiring more pressure in order to suppress the brachial artery).

D. 被測者抽煙時、膀胱脹時、尿急時、或進餐後、運動完或情緒焦慮緊張時測量，測出的數值較高。

Usually the measured value of blood pressure is higher when the person being measured is smoking, having an inflated bladder, after having a meal, after taking an exercise, or having emotional anxiety and tension at the time of the measurement.

(2) 假性偏低

Pseudo low blood pressure

A. 被測者手臂位置高於心臟。

The arm position of the person being measured is higher than the position of the heart.

B. 壓脈帶太寬，測出的值較低。

The cuff is too wide so that the measured value is lower.

10. 當血壓值持續偏高，大於160/100 mmHg，或伴隨有意識改變、全身無力、口齒不清；血壓值持續偏低，小於90/60 mmHg，或伴隨四肢冰冷、頭暈等不適症狀，請立刻告知僱主，儘速就醫。

When the blood pressure value remains high, which is higher than 160/100 mmHg, accompanied by a change of consciousness, general weakness and slurred speech, or the blood pressure value continues to be lower than 90/60 mmHg along with icy cold limbs and dizziness, the caregiver should immediately notify the employer to take the patient to a hospital as soon as possible.

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承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

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