| **NHS No.** | **Name of Resident** | **Observations - (any you can do)** | **Any other concerns (soft signs)** | **DNACPR in** **Place (Yes/No)** | **ReSPECT in place (Yes/No)** | **Date of last video call/GP visit** |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | * Heart Rate/pulse
* Oxygen saturations
* Temperature
* Blood Pressure
* Respiratory Rate
 |  |  |  |  |  |
|  |  | * Heart Rate/pulse
* Oxygen saturations
* Temperature
* Blood Pressure
* Respiratory Rate
 |  |  |  |  |  |
|  |  | * Heart Rate/pulse
* Oxygen saturations
* Temperature
* Blood Pressure
* Respiratory Rate
 |  |  |  |  |  |
|  |  | * Heart Rate/pulse
* Oxygen saturations
* Temperature
* Blood Pressure
* Respiratory Rate
 |  |  |  |  |  |
|  |  | * Heart Rate/pulse
* Oxygen saturations
* Temperature
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|  |  | * Heart Rate/pulse
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|  |  | * Heart Rate/pulse
* Oxygen saturations
* Temperature
* Blood Pressure
* Respiratory Rate
 |  |  |  |  |  |

# How to use a Pulse oximeter

Follow these instructions to make sure the pulse oximeter gives an accurate reading:

* Remove any nail polish or false nails and make sure your resident’s hands are warm.
* Make sure your resident has been resting for at least five minutes before taking the measurement.
* Your resident’s hand should be resting on their chest at the level of the heart and held still.
* Switch the pulse oximeter on and place it on your resident’s finger. It works best on their middle or index finger (shown in the diagram).
* The reading takes time to steady. The pulse oximeter should be in place for at least a minute, or longer if the reading is not stable.
* Record the highest result once the reading has not changed for 5 seconds.
* Be careful to identify which reading is their heart rate and which is their oxygen level. A Guide to taking an oxygen saturation reading is available through this link <https://www.youtube.com/watch?v=QabKghrtXps>

Recording and acting on the result

Write the information on the spread sheet.

Take extra measurements if you feel there is a change in your resident’s health.