

Respiratory Status Monitoring

Name: _____

Month: _____

 Status Before Inhaler Status After Inhaler Routine monitoring not related to inhaler treatment

Signs/Symptoms:	NORMAL	RESPIRATORY DISTRESS	Comments/Actions Taken:
General appearance	<input type="checkbox"/> Calm, quiet, not anxious <input type="checkbox"/> Skin is normal colour	<input type="checkbox"/> Distressed/anxious <input type="checkbox"/> Obvious breathing changes <input type="checkbox"/> Exhaustion/fatigue <input type="checkbox"/> Sweaty <input type="checkbox"/> Decreasing level of consciousness <input type="checkbox"/> Skin colour changes (e.g. Light-skin tone- flushed, pale, bluish/gray skin around mouth and nailbeds Dark-skin tone- gray or whitish skin especially around the mouth, nailbeds, and whitish areas of the eyes may appear gray or bluish Yellowish-skin tone- grayish-greenish skin around mouth and nailbeds) See images on pg.2 <input type="checkbox"/> Other:	
Breathing noises	<input type="checkbox"/> Quiet, no changes	<input type="checkbox"/> Coughing <input type="checkbox"/> Wheezing <input type="checkbox"/> 'Crackly' moist sounds <input type="checkbox"/> Noise when breathing in <input type="checkbox"/> Other:	
Rate of breathing	<input type="checkbox"/> Normal range (adults: 12 to 16 breaths per minute)	<input type="checkbox"/> Breathing faster than usual <input type="checkbox"/> Breathing slower than usual <input type="checkbox"/> Other:	
Breathing effort	<input type="checkbox"/> Normal apparent effort	<input type="checkbox"/> Less chest movement <input type="checkbox"/> More chest movement <input type="checkbox"/> Use of other muscles in order to breath <input type="checkbox"/> Nasal flaring <input type="checkbox"/> Other:	
Speech/vocal	<input type="checkbox"/> Normal speech/vocalizations	<input type="checkbox"/> Change in usual <input type="checkbox"/> Unable to speak/vocalize as usual <input type="checkbox"/> Other:	
Other indicators:			

Respiratory Status Monitoring

Peripheral cyanosis



Cyanotic feet (toes)



Cyanotic hands (fingers)



Blue lips



Mottled skin



These images may be seen with a person who is exhibiting symptoms of respiratory distress apart from the person’s normal presentation (who may have other underlying chronic health issues).

For persons with darker skin tones- it would be difficult to identify signs of respiratory distress using these images, therefore checking the inside of the lip where it is usually pink will be bluish/grey in colour, along with the signs noted under the General Appearance guidelines in the tool on page 1.