Question 1

What overarching clinical term refers to the core set of routine physiological measurements that reflect a patient's essential body functions?



Answer 1

Vital signs

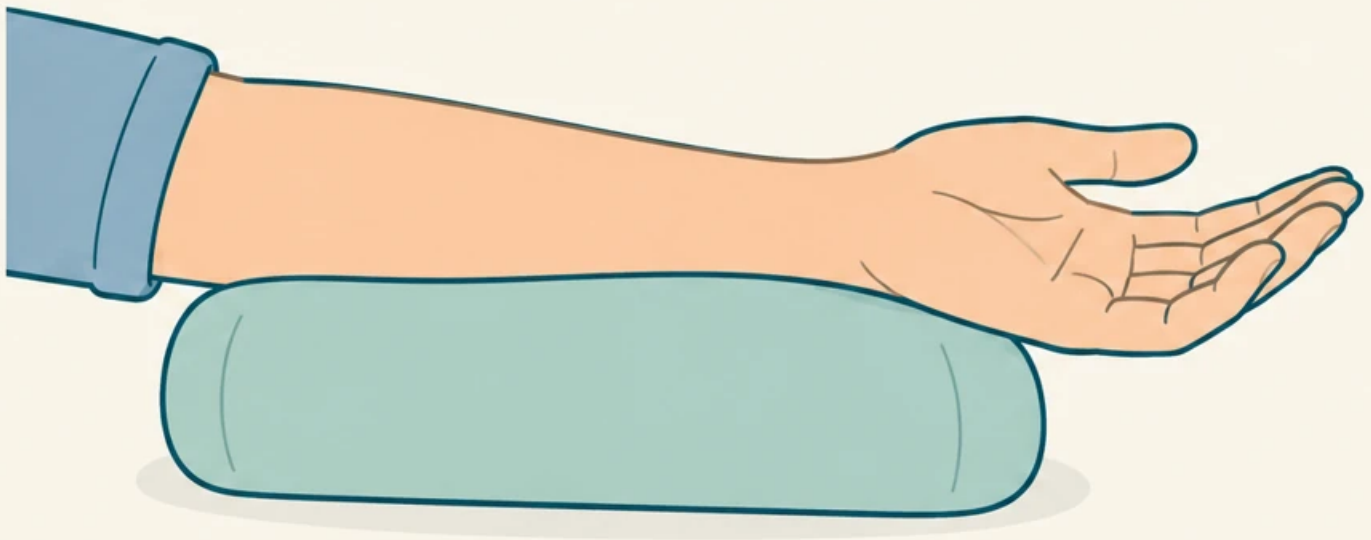
Definition: Routine physiological measurements that indicate a patient's essential body functions and basic health status.

Clinical Example: A nurse records baseline vital signs at the start of an admission to monitor changes throughout care.



Question 2

What is the term for the rhythmic, palpable wave felt over an artery that corresponds to the beating of the heart?



Answer 2

Pulse

Definition: The rhythmic expansion and recoil of an artery caused by the surge of blood pumped by the heart's contraction.

Clinical Example: A nurse places the pads of two fingers on the patient's radial artery at the wrist to check the rhythm and rate.



Question 3

What foundational clinical term describes the complete cycle of breathing, consisting of moving air into and out of the lungs?



Answer 3

Respiration

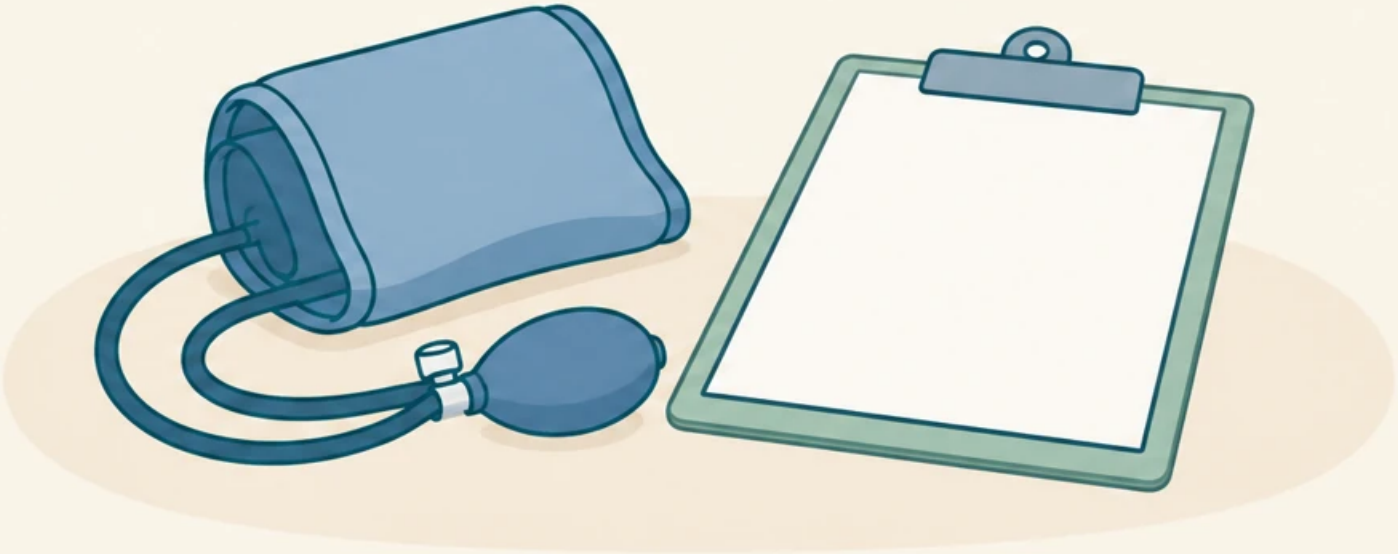
Definition: The biological process of breathing, which involves inhaling oxygen into the lungs and exhaling carbon dioxide into the air.

Clinical Example: A nurse discretely observes the rise and fall of a patient's chest for one full minute to assess breathing pattern.



Question 4

What clinical term describes the lateral force exerted by circulating blood against the inner walls of the systemic arteries?



Blood pressure

Definition:

The pressure exerted by circulating blood against the walls of blood vessels, primarily systemic arteries.

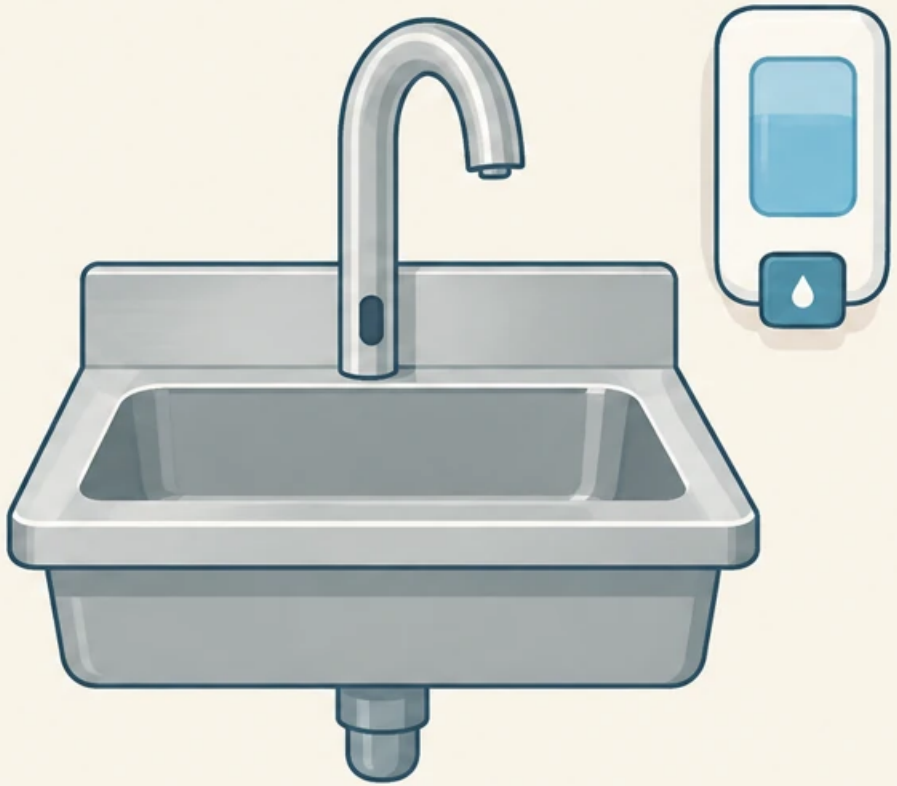
Clinical Example:

A nurse places a properly fitted cuff around a seated patient's bare upper arm and inflates it to assess circulatory pressure.



Question 5

What term describes the clinical practices and techniques used to keep environments, instruments, and hands free from disease-causing microorganisms?



Answer 5

Asepsis

Definition: The state of being free from disease-causing microorganisms, maintained through procedures that prevent pathogen contamination.

Clinical Example: A nurse washes hands thoroughly with antimicrobial soap and warm running water before preparing sterile patient supplies.

