

## Respiratory Assessment


# Back to Basics

Take a look: 

**Comfort:** Position, Anxiety

**Colour:** Pale or blue – look at mucous membranes

**Anatomy:** Accessory Muscles, Chest movement, Trachea

Take a listen: 

**Talking:** Can they speak comfortably?

**Breathing sounds:** Can you hear when standing nearby?

Ask about: 

**Cough:** Change, frequency

**Sputum:** Amount, colour – compare to “their normal”

**Do these assessments regularly. Knowing your resident’s baseline is the best way to know if there is a change.**