

PMS

Pulse: reflects the amount of blood flow to tissues, and dehydration.

- **Rapid breathing**, panting
- **Capillary refill test:** nail bed or palm >2 seconds
(not for child -use mental status evaluation)
- **Radial pulse:** middle & ring finger pressed at wrist, below thumb.
Normal 60-100 beats/ min. (*may feel your own, to see normal rhythm*)

Movement: Can survivor control motion of the body part?

Sensation: Can survivor feel touch? Feeling pain there?

RPM

The main signs of shock, for CERTs:

1. **Respirations:** Rapid and shallow breathing
2. **Perfusion:** Capillary refill from pressure on nailbed or palm greater than 2 seconds (blanch test) (Don't use on child- use mental status.) Or take pulse at wrist or neck. (normal pulse rate is 60-100 beats/ minute)
3. **Mental status:** Failure to follow simple commands, such as "squeeze my hand."
4. Clammy, cool skin