

## PMS and RPM

(PM: pg. 8; IG: pg. 11)

### PMS

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

- **Rapid breathing**, panting
- **Capillary refill test**: nail bed or palm should refill in <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? Feel 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