

Breathing Assessment

- Average breathing for an adult is 12 to 20 breaths per minute
- Follow infection control procedures
- Wear appropriate protective equipment
- Make sure the client is comfortable
- Are there any specific breathing difficulties?
- Is there any noise when breathing such as wheezing etc.?
- Does their breathing cause them to cough?
- Watch the chest, how many breaths per minute? (You will need a timer)
- How even is the rhythm of their breathing?
- How deep or shallow is their breathing?
- What does their colour tell you - for example, blue around the lips etc.?
- Is their breathing symmetric?
- Does breathing cause them pain - where, when etc.?
- A good practice is to count their breaths by pretending to take their pulse - the client doesn't concentrate on their breathing!

