

Blood Pressure

- The average adult has 4-6 L of blood
- Blood is made up of a collection of cells
 - Plasma
 - Red blood cells
 - White blood cells
 - Platelets

Pulse

- A pulse is a change in diameter of an artery following a contraction of the heart
- It coincides with a surge of blood as the heart contracts
- A pulse can be found only in an artery and the most common locations are at the wrist, neck and groin

Maximum Heart Rate = _____

Heart Sounds

- A stethoscope is used to listen to heart sounds
- The characteristic 'lubb - dubb' sound is caused by the valves closing between the atria and ventricles

Blood Pressure

- Blood pressure refers to the force that blood exerts on the walls of the arteries
- It can be measured with an instrument called a sphygmomanometer
- When blood pressure is taken, two readings are given:

1. Systolic Pressure

- The pressure in an artery while the heart is contracting.

2. Diastolic Pressure

- The pressure in an artery while the heart is relaxed.

For example, 120/80 means that the systolic pressure is 120 mmHg while the diastolic pressure is 80 mmHg

Why is blood pressure a concern?

What causes high blood pressure?