

can one rightly meet the above expectations without carefully attending to vital signs? It appears most regulators provide few, if any, mandates regarding their measurement. Instead, these organizations opt to provide physical therapists with the liberty to address vital signs as professional training and intuition dictate.

Table 4. Exercise guidelines for home health patients.

DO NOT START EXERCISE IF:			TERMINATE EXERCISE IF:			
VARIABLE	ACSM*	AACVPR**	SHS***	ACSM	AACVPR	SHS
Pulse (beats·min ⁻¹)	≥120	----	<50 >120	Post MI/CHF 20 above rest	Post MI/CHF 30 above rest	Post MI/CHF 20 above rest
Pulse (beats·min ⁻¹)	----	----	----	Post surgery 30 above rest	Post surgery 30 above rest	Med/Surg Pt 30 above rest
Respiration (breaths·min ⁻¹)	----	----	>30	----	----	----
Systolic Blood Pressure (mm Hg)	>200	----	<80 >180	>220 >20 drop (with symptoms)	>10 drop	>200 >20 drop
Diastolic Blood Pressure (mm Hg)	>110	>110	----	>110	>110	>120
SPO ₂ (%)	<88 (breathing room air)	----	<90 (no pulmonary disease) <85 (pulmonary disease)	Titrate to maintain @ ≥ 90	----	----
Rating of Perceived Exertion (RPE)	----	----	----	≤ 13 (6-20 scale)	----	----

***Shore Health Systems

This article was developed to address recent concerns raised by Home Health Section Listserv contributors. While not all vital sign issues were discussed nor resolved, it is hoped the reader has a renewed appreciation for *what's so vital about vital signs*.

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