

# English for Nurses: The Respiratory Rate

Cycle respiratoire, inspiration et expiration, eupnée et apnée : découvrez ou révisez tout le vocabulaire anglais utile autour de la respiration.



## Answers

### Part 1: Vocabulary

- 1-D
- 2-E
- 3-F
- 4-B
- 5-C
- 6-A

### Part 2: Match the terms from the vocabulary list with their correct meanings

1. Expansion
2. Apnoea (apnea)
3. Eupnoea (eupnea)
4. Deflation
5. Bradypnoea (bradypnea)
6. Sleep apnoea (apnea)
7. Inspiration
8. Tachypnoea (tachypnea)

### **Part 3: Reading**

1. True
2. True
3. False
4. True
5. True

### **Part 4: Listening**

1. Breathes
2. Deep
3. Vital signs
4. Balance
5. Reduces
6. Anxious
7. Relaxed.
8. Illness
9. Blocked

### **Transcript**

The Respiratory Rate is measured to determine the number of times per minute a person (1) breathes. Nurses count each rise and fall of the patient's chest as the patient breathes in and out.

Breathing in is called inhalation and breathing out is called exhalation. The breaths are counted for half a minute and doubled. Or they are counted for a whole minute. It's also important to take note of how the patient is breathing. That is, the quality of their breaths or whether breaths are (2) deep or shallow.

Nurses often check patients' respiratory rate while they are doing other (3) vital signs, such as taking the pulse rate. If patients are aware of nurses checking their respiratory rate, they can start to breathe faster and slower than they normally do.

The normal respiratory rate of an adult is between 12 and 20 breaths per minute. This ensures that oxygen and carbon dioxide levels are in (4) balance in the body.

Most adults breathe between 16 and 20 breaths per minute. This is known as eupnoea.

Children have a faster breathing rate. Babies can breathe between 30 and 60 breaths per minute. Their breathing rate gradually (5) reduces until adolescence when it is between 12 and 16 breaths per minute.

After exercise, it is normal to breathe faster. Patients also breathe faster, if they are in pain, if they have a fever or if they are (6) anxious. Fast breathing of over 20 breaths per minute is known as tachypnoea.

Patients breathe slower when they are asleep and when they are calm and relaxed. Slow breathing is known as bradypnoea. A breathing rate below 12 breaths a minute is slow breathing. Abnormally slow breathing can be a sign of illness. It is also noted after a head injury, as a result of hypothermia or after a drug overdose.

Apnoea is an abnormal condition that occurs if a person stops breathing. If the muscles of the throat relax too much, the airway can become completely blocked and air is unable to enter the lungs. If this happens from time to time as a person is sleeping, it's called sleep apnoea.