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# Diploma in Pharmacy 1<sup>st</sup> Year

## Human Anatomy & Physiology

### Experiment

Recording of pulse oxygen (before and after exertion).

#### Aim:

Recording of pulse oxygen (before and after exertion).

#### Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Rahul Kumar ,  
“Practical Manual of Human Anatomy and Physiology” Published by Nirali  
Prakashan , Pg.No 106 - 109

#### Apparatus Required:

Pulse oximeter

#### Theory :

- A pulse oximeter is a device that measures the amount of oxygen in the blood (oxygen saturation). A pulse oximeter can be used to calculate blood oxygen levels. It calculates the blood oxygen saturation and pulse rate using laser beams. The amount of oxygen carried in the blood is determined by oxygen saturation. Without taking a blood sample, the pulse oximeter may determine the amount of oxygen in the blood.

#### Procedure

- 1) Any nail polish/false nails should be removed and hand should be warmed (if cold).
- 2) Before taking measurement, resting should be done for at least 5 minute.
- 3) The hand should be relaxed at the chest at heart level and held still
- 4) Oximeter should be switched on and placed on the middle or index finger.
- 5) The oximeter should be kept in place for at least one minute or longer if the reading is not stable as the reading may take time to steady.

- 6) The highest result once it has not changed for 5 seconds should be noted.
- 7) Each reading should be identified carefully.
- 8) Recording should be started from baseline and recording should be done three times a day and at the same time extra measures should be taken if any changes in the health are observed



**Result:** The pulse oxygen (before and after exertion) was studied.