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

## Human Anatomy & Physiology

### Experiment

To record of respiratory rate.

#### **Aim:**

To record of respiratory rate.

#### **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 101 - 105

#### **Theory :**

- Breathing rate is another name for respiratory rate. This is the number of breaths taken per minute. Counting the number of breaths taken in one minute when at rest is a good way to estimate the breathing rate.

#### **Procedure**

- 1) Sitting position should be taken to relax.
- 2) Respiratory rate should be taken while sitting up in a chair or in bed as it is the best way.
- 3) Breathing rate should be measured by counting the number of times the chest or abdomen rises over the course of one minute.
- 4) The number should be recorded.

#### **Observation**

The normal respiratory rate for an adult person at rest is from 12 to 20 breaths per minute.

**Result:** The respiratory rate was recorded.

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