Standard Operating Procedure: Sheffield Clinical Research Facility
Measuring Respiratory Rate

This SOP has been written to give general guidance to study personnel on how to measure participant’s respiratory rates. There are no GCP Guidelines on how to measure participant’s respiratory rate.

Background

It is important that all clinical staff working in the Clinical Research Facility use the same procedure to measure participant’s respiratory rates as specified in the trial protocol, to ensure continuity and consistency in recordings.

Definition

The function of the respiratory system is to provide oxygen to the body and remove carbon dioxide.

Respiratory rate is measured:
1. To determine a baseline measurement for future comparisons
2. To monitor fluctuations in respirations
3. To evaluate the participant’s response to medications or treatments that affect the participant’s respiratory rate

http://sthweb/marsden/marsden/rm_28.htm#s7

Procedure

1. The investigator is responsible for ensuring the respiration rate is recorded according to protocol. This duty can be delegated to other appropriately qualified members of the research team as recorded on the Project Delegation Log.

2. The investigator or delegated person will refer to the protocol to ensure specific requirements for measuring respiratory rate are identified.

3. If no specific requirements are outlined in the study protocol then the investigator or delegated person must measure the respiration rate and follow the Sheffield Hospitals Early Warning Score (SHEWS).

4. The investigator or delegated person will explain the procedure to the participant.

5. The investigator or delegated person will ask the participant to assume the position outlined in the protocol. If no position is specified in the protocol the investigator or delegated person should ask the participant to rest either sitting or standing and follow the remaining points.

6. The investigator or delegated person will ensure the participant is comfortable.

7. The investigator or delegated person will ask the patient to rest in the required position for the time specified in the protocol or for a minimum of 3 minutes.
8. The investigator or delegated person must observe the rise and fall of the chest wall.

9. The investigator or delegated person will count the number of times the chest wall rises for 60 seconds.

10. The investigator or delegated person must also observe the rhythm, depth, and effort of the respirations.

11. Normal respiration rate for resting adult is 9 to 18 (Sheffield Hospitals Early Warning Score SHEWS). If a participant’s respiration rate is outside of this range the investigator or delegated person must ensure the study medic is aware and implement the SHEWS assessment chart.

12. The investigator or delegated person will record the required information on to the relevant study source documents, STHFT observation SHEWS chart or in the participant’s medical notes.

Reference:
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