1 Hour

SESSION XX

PRACTICE: VITAL SIGNS EXAMINATIONS

SESSION XX **PRACTICE: VITAL SIGNS EXAMINATIONS**

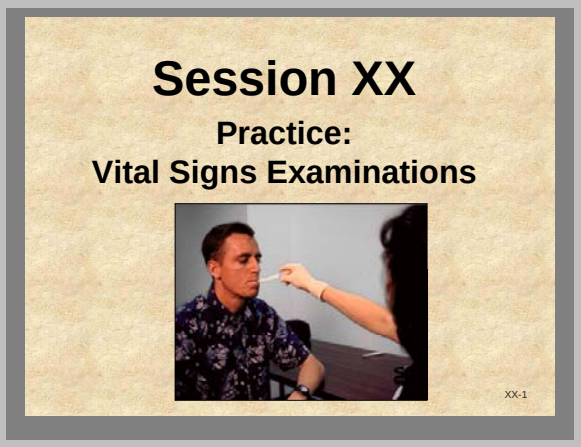
Upon successfully completing this session the student will be able to:

- Conduct examinations of pulse, blood pressure, and temperature.
- Describe the vital signs examination procedures.
- Document the results of the vital signs examinations.

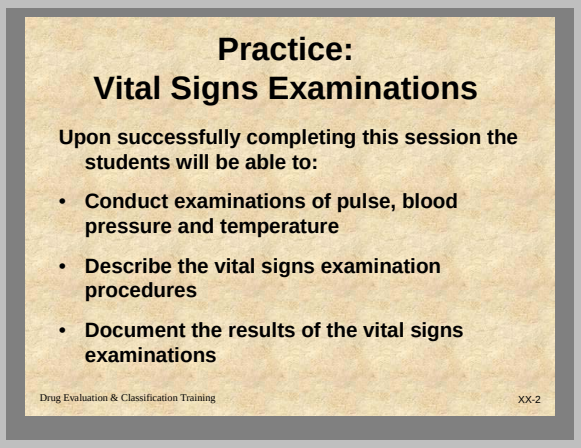
CONTENT SEGMENTS	LEARNING ACTIVITIES
A. Procedures for this Session	▪ Instructor Led Presentations
B. Pulse Measurements	▪ Student Hands-On Practice
C. Blood Pressure Measurements	▪ Instructor Led Coaching
D. Session Wrap-Up	▪ Student Led Coaching

I. Practice: Vital Signs Examinations

Session 20-1: Practice: Vital Signs Examinations



Session 20-2: Practice: Vital Signs Examinations



Briefly review the objectives, content and activities of this session.

A. Procedures for this Session

Refer to Session VII if there are any questions on vital signs.

Team Assignments

- Participants will work in three or four member teams.

- Make team assignments.
- At any given time, one member of the team will be engaged in conducting and recording vital signs examinations of another member.
- The remaining member(s) will help coach and critique the student who is conducting the examinations.
    - Emphasize that students can help each other learn by pointing out errors of omission or commission.
- Students will take turns serving as test administrator, test subject, and coach.
- Students will record their measurements using the Vital Signs Examination Data Sheet.

Vital Signs Practice

Teams initially will practice taking one another's **pulse**.

- Point out that the student who is "coaching" should simultaneously take the subject's pulse along with the test administrator. Example: administrator can take pulse at subject's left wrist, coach can take it at subject's right wrist.
- Then, the administrator and coach can compare the measurements they obtain.
- Demonstrate this, using a student subject and two instructors.

Hand out copies of the Vital Signs Examination Data Sheet to each student. Solicit students' questions concerning procedures for this practice session.

B. Pulse Measurements

- Monitor teams and coach students as necessary and appropriate.
- Terminate this segment after 20 minutes, or after each student has administered a pulse measurement to each of their team members (whichever comes first).

C. Blood Pressure Measurements

Teams subsequently will practice taking one another's **blood pressure**.

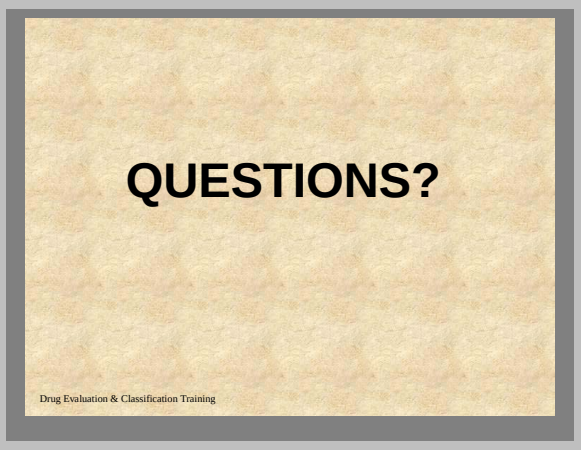
- If specially designed training stethoscopes are available, the student coach can "listen in" on the blood pressure measurements being taken by the student administrator.

- Monitor teams and coach students as necessary and appropriate.
- Terminate this segment after 25 minutes, or after each student has measured the blood pressure of each member of their team (whichever comes first).

D. Session Wrap-Up

Offer appropriate comments and observations about the students' performance.

Session 20-3: Questions



Solicit students' comments concerning the practice session.

VITAL SIGNS EXAMINATIONS DATA SHEET

EXAMINER'S NAME:

DATE _____/_____/

PULSE MEASUREMENTS	BLOOD PRESSURE MEASUREMENTS
SUBJECT'S NAME _____	SUBJECT'S NAME_____
TIME _____	TIME _____
PULSE POINT USED _____	SYSTOLIC _____
BEATS PER MINUTES _____	DIASTOLIC _____
SUBJECT'S NAME _____	SUBJECT'S NAME _____
TIME _____	TIME _____
PULSE POINT USED _____	SYSTOLIC _____
BEATS PER MINUTES _____	DIASTOLIC _____
SUBJECT'S NAME _____	SUBJECT'S NAME _____
TIME _____	TIME _____
PULSE POINT USED _____	SYSTOLIC _____
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