**Suggested Answers to Assignments, Chapter 20, Vital Signs, Height, and Weight**

| **Written Assignment** | **Learning Objectives** |
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| Students complete Chapter 20 of *Lippincott Workbook for Nursing Assistants.* | 1–15 |

| **Group Assignments** | **Learning Objectives** |
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| Assignment #1. Students will take a classmate’s pulse at rest and after exercising, and should find the pulse has increased in rate and force after exercising. Students should document the pulse and the date and time it was obtained. | 6, 7. 8 |
| Assignment #2.   * Demonstrate measuring and recording respirations. * Observe students taking respiratory measurements on classmates at rest and after exercising. * Students should find that respirations increase in rate and depth following exercise. * Students should record respiratory rate and the date and time it was obtained. | 8-10 |
| Assignment #3.   * Demonstrate the proper method for obtaining a blood pressure * Assist students to practice using the equipment, and listen for the systolic and diastolic sounds * Observe and remind students about proper cuff placement   + Using the proper size cuff   + Applying the cuff snuggly   + Applying the cuff over bare skin   + Not applying the cuff to an arm with IV, cast, injury, side of breast surgery, or hemodialysis access * Observe students feeling for the antecubital pulse, inflating the cuff 30 mm Hg higher than the point where the pulse is not felt or heard, deflating the cuff slowly, and watching the dial * Blood pressure recording should include:   + Date and time   + Systolic over diastolic mm Hg | 11-13 |
| Assignment #4.   * Demonstrate proper methods for measuring a person’s height and weight. * Observe students’ practice obtaining height and weight. * Students should record:   + Date and time   + Height   + Weight | 15 |

| **Clinical Assignments** | **Learning Objectives** |
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| Assignment #1. Students watch Module 6 of *Lippincott Video Series for Nursing Assistants*. | 1–15 |
| Assignment #2.   * Demonstrate the skills in Chapter 20 * Observe students practicing skills using the procedure check-off lists in *Lippincott Workbook for Nursing Assistants* * Check off the skills as students feel they are ready * Observe students performing these skills in the clinical area | 5, 8, 10, 12, 15 |
| Assignment #3.   * In the clinical site, students will obtain vital signs, height, and weight on patients or residents. * Students’ report to the nurse could include:   + Measurements obtained   + Temperature higher than normal   + Higher or lower pulse than normal   + Irregular pulse rhythm   + Weak or “thready” pulse   + Respirations greater than 24 breaths per minute   + Respirations lower than 10 breaths per minute   + Irregular respirations   + Very deep or very shallow respirations   + Difficulty breathing or complaints of pain while breathing   + Unequal rising of both sides of the chest when breathing   + Noisy breathing with wheezing or congestion   + Higher or lower than normal blood pressure   + Weight loss or gain   + Any difficulties obtaining measurements * Students will record their measurements in the appropriate location in the medical record. | 2-15 |

| **Web Assignment** | **Learning Objectives** |
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| Assignment #1. Students can enter “hypertension” to find websites such as <http://www.emedicinehealth.com/high_blood_pressure/article_em.htm> | 1, 11-13 |