# Answers to Questions in the Workbook, Chapter 20, Vital Signs, Height, and Weight

**Activity A CHOOSE THE RIGHT ANSWER**

* + - 1. X
      2. X
      3. X
      4. X

# Activity B TRUE OR FALSE

1. T

2. F. It is the duty of a nursing assistant to routinely measure and record patients’ or residents’ vital signs and report promptly to the nurse if abnormal changes are detected.

* + - 1. F. Although height and weight are not technically vital signs, the nursing assistant is responsible for obtaining and recording these measurements but not as frequently as vital signs.
      2. T

# Activity C MULTIPLE CHOICE

1. d. Heart rate, internal temperature of the body, respiratory rate

2. c. Because knowing normal ranges will allow you to quickly recognize measurements that are not within the range of normal and may indicate a response to illness or injury.

3. b. Something has put the body out of balance, and the body is attempting to get back that balance.

# Activity D CHOOSE THE RIGHT ANSWER

1. X
2. X
3. X
4. X
5. X
6. X
7. X
8. X
9. X

# Activity E TRUE OR FALSE

1. T

2. F. If a person has been participating in activities that may affect their vital signs, it is necessary to wait before measuring them.

3. T

4. T

5. F. Asking for help when one is unsure is not a sign of failure or an inability to do one’s job.

# Activity F MULTIPLE CHOICE

1. b. The nursing care plan, Kardex, or the doctor’s orders

# Activity G SHORT ANSWER

You should take the measurements again for the sake of accuracy, and then report your findings immediately to the nurse. If you are still not sure that you have taken the vital signs correctly, you should ask for assistance, either from another nursing assistant or a nurse.

**Activity H MULTIPLE CHOICE**

1. c. How hot the body is; or the difference between the heat produced by the person’s body and the heat lost by the person’s body

2. d. The physical and chemical changes that occur when the cells of the body convert the food that we eat into energy

3. c. Place the thermometer in hot water

4. c. Sweating

**Activity I FILL IN THE BLANKS**

1. The human body produces heat as a result of the process of metabolism.

2. Infants often have immature thermoregulatory centers, which mean that their bodies are slow to adjust to changes in external temperature.

3. A clear plastic disposable cover called a sheath is used to cover the thermometer.

4. When taking the temperature rectally, the thermometer could stimulate the vagus nerve.

5. The state of having a body temperature that is much higher than normal is called fever.

**Activity J TRUE OR FALSE**

1. T

2. T

3. F. A FEMALE’S body temperature tends to change more frequently than that of a MALE.

4. F. A person who is recovering from rectal surgery SHOULD NOT have a rectal temperature taken.

**Activity K IDENTIFY THE STATEMENTS**1. Ty

2. G

3. TA

4. E

5. TA

6. Ty

7. G

**Activity L MATCHING**

1. c

2. d

3. a

4. e

5. b

**Activity M SHORT ANSWER**

When taking a temperature rectally, it is important that you stay with the patient or resident during the entire procedure, both to hold the thermometer in place and to make sure that the person is all right. The thermometer could stimulate the vagus nerve, an important nerve that begins in the brain and sends branches to the heart, lungs, stomach, and rectum. Stimulation of the vagus nerve may temporarily decrease the person’s heart rate and blood pressure, which can be dangerous.

**Activity N CHOOSE THE RIGHT ANSWER**

1.

a. X

b. X

c. X

d.

2.

a. X

b. X

c.

d. x

3.

a. X

b. X

c. X

d. X

4.

a.

b. X

c. X

d. X

5.

a. X

b. X

c. X

d.

**Activity O TRUE OR FALSE**

1. F. An irregular pulse rhythm is called a dysrhythmia, which means that the pulse rhythm is not smooth and regular, with the same amount of time in between each pulsation.

2. T

3. T

4. F. The apical pulse is measured by listening over the apex of the heart with a stethoscope.

5. T

**Activity P FILL IN THE BLANKS**

1. The carotid or femoral arteries may be used to check the pulse during an emergency situation when CPR is being administered.

2. A stethoscope is a device that makes sound louder and transfers it to the listener’s ears.

3. The diaphragm is the large flat surface that is used to hear loud, harsh sounds like an apical pulse, blood rushing through the arteries, or respiratory sounds.

4. The bell is a small rounded surface that is designed to pick up faint sounds like heart murmurs or difficult-to-hear blood pressures.

5. The difference between the apical pulse rate and the radial pulse rate is known as the pulse deficit.

6. Tachycardia is a rapid heart rate, or a pulse rate of more than 100 beats per minute for an adult.

7. A heart rate that is slower than normal---that is, a pulse rate of less than 60 beats per minute---is called bradycardia.

**Activity Q REARRANGE IN THE RIGHT ORDER**

3 A

1 B

2 C

4 D

# Activity R MULTIPLE CHOICE

1. d. All of the above

2. b. By watching the rise and fall of a person’s chest and counting the number of breaths that occur in 1 minute

3. a. Respiratory rate

4. c. Dyspnea

# Activity S MULTIPLE CHOICE

1. b. The force that the blood exerts against the arterial walls

2. d. Hypotension

3. a. An automated sphygmomanometer

4. a. Allow him to sit for a moment before standing up, to allow time for his body to adjust

**Activity T FILL IN THE BLANKS**

1. The force that the blood exerts against the arterial walls is known as the blood pressure.

2. The difference between the systolic and diastolic pressures is known as the pulse pressure.

3. Resistance to blood flow could be due to arteriosclerosis.

4. The most common method to measure blood pressure is by using a manually operated sphygmomanometer and a stethoscope.

5. If a person has a blood pressure that is consistently higher than 140 mm Hg (systolic) and/or 90 mm Hg (diastolic), then that person is said to have hypertension.

**Activity U REARRANGE IN THE RIGHT ORDER**

d

h

c

a

b

f

e

g

i

**Activity V FIND THE PRESSURE READING**

1. A pressure reading of 140 over 100 is considered higher than normal.

2. A pressure reading of 120 over 80 is considered normal.

**Activity W CHOOSE THE RIGHT ANSWER**

1.

a. X

b. X

c. X

d.

2.

a. X

b.

c.

d.

**Activity X FIND THE WEIGHT MEASUREMENT**

A. 220 lb

B. 108 lb

C. 94 lb

**Activity Y SHORT ANSWER**

1.

a. Ms. Quinlan is in a coma. With a tape measure and sling scale.

b. Mrs. Lorenz cannot stand for a very long period of time. With a chair scale.

c. Mr. Pepper, who weighs more than 250 Ib, is able to get out of bed and walk with help. With an upright scale.

**Activity Z CROSSWORD**

**Across**

1. Fever

4. Metabolism

6. Tachypnea

**Down**

2. Ventilation

3. Pulse

5. Eupnea