**Assignments, Chapter 20, Vital Signs, Height, and Weight**

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

| Group Assignments | Learning Objectives |
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| Assignment #1. Take a classmate’s pulse. Ask your classmate do some type of vigorous exercise (jogging in place) for 1 minute. Then retake the pulse, noting the difference in rate and amplitude. Record the pulses. | 6, 7. 8 |
| Assignment #2. Observe the instructor demonstrate measuring and recording respirations. Practice taking a classmate’s respirations for a full minute. Have your classmate exercise for 1 minute (jogging in place) and retake the respirations for a full minute, noting the difference in rate and depth. Record the respirations. | 8-10 |
| Assignment #3. Observe the instructor demonstrate how to obtain a blood pressure. Practice this skill on each other placing the cuff correctly, 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. Listen for and record systolic and diastolic pressure. | 11-13 |
| Assignment #4. Observe a demonstration of the proper methods for measuring a person’s height and weight. Practice with each other taking height and weight using a scale you have access to. Record the height and weight. | 15 |

| Clinical Assignments | Learning Objectives |
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| Assignment #1. Watch Module 6 of *Lippincott Video Series for Nursing Assistants*, “Vital Signs,” which reviews the procedures for measuring oral and rectal temperatures using an electronic thermometer, taking a radial pulse, counting respirations, measuring blood pressure, measuring height, and measuring weight using a standard scale and a chair scale. The safe use of glass and tympanic thermometers is also reviewed. | 1–15 |
| Assignment #2. Observe demonstrations and perform the procedures in Chapter 20 using the procedure check-off lists in *Lippincott Workbook for Nursing Assistants*. The main focus is to practice each skill in this chapter until you feel confident and comfortable with each one. When you feel you are ready, check off the skills with your instructor, and begin performing them in your clinical area. | 5, 8, 10, 12, 15 |
| Assignment #3. While in your clinical site, obtain vital signs, height and weight on residents or patients, report findings to the nurse, and record in the appropriate location of the medical record. | 2-15 |

| Web Assignment | Learning Objectives |
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| Research the web and write a short report on hypertension including how it affects a person’s health, its prevention, and treatment. Share your information with the class. | 1, 11- 13 |