

Warm-up: write and answer the questions in your notes.

1. One respiration consists of one _____ and one _____.
2. Difficult or labored respirations are _____.
3. A pulse site at the neck is the _____.
4. Why are vital signs recorded on a graphic record?
5. A pulse is described as regular or irregular by its _____.

Today's Agenda: 11/13/13

1. Students will complete warm-up in notes.
2. **TO: Students will understand body temperature what it is, how it is measured, and recorded.**
2. Students will practice taking BP, P, R, and T on the TPR Graph for VS Lab #4. This is day 2 in Lydia Williams Memorial Hospital. Be sure to clean up after your lab.

U2 EQ: How are vital signs measured and what do their results mean?

State Standards:

10.1 Apply procedures for measuring and recording vital signs including recognition of normal ranges.

2. Temp, T

Def: Measure of the balance b/ heat loss & heat produced in body; typically measured in Fahrenheit

Heat lost by:



Perspiration



Respiration



Excretion

Heat produced by:



Metabolism of food



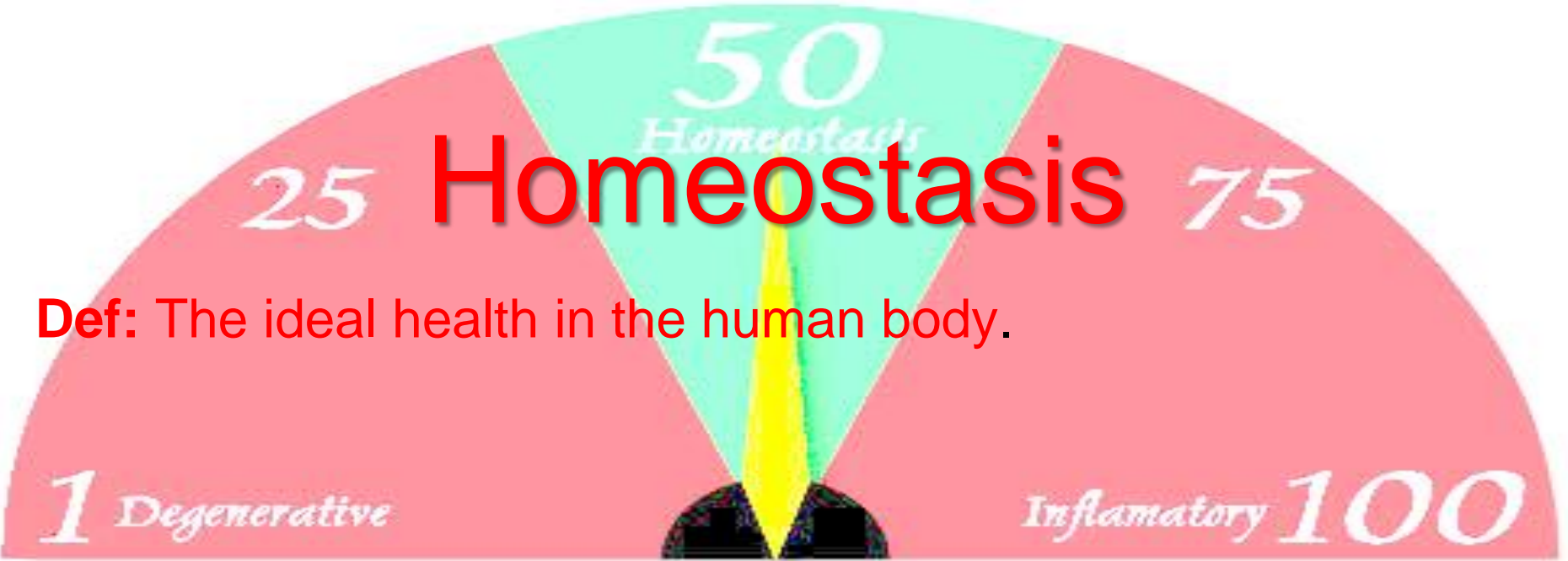
Mm activity



Gland Metabolism

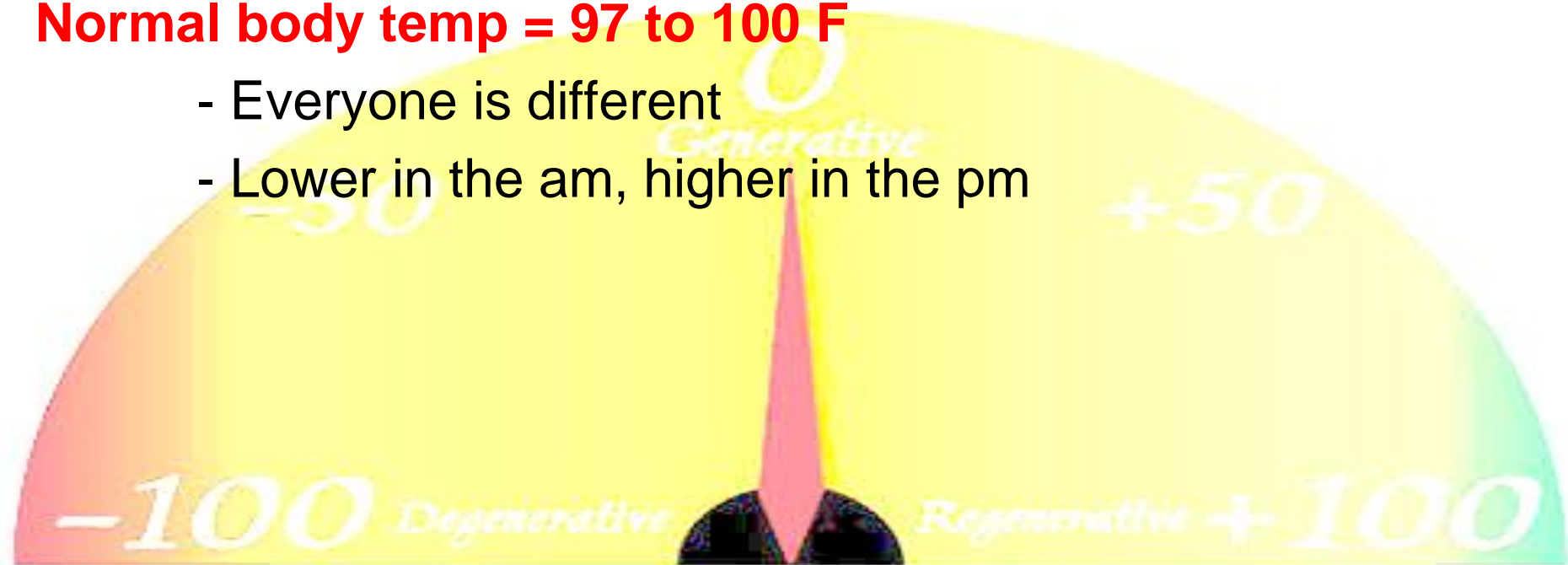
Homeostasis

Def: The ideal health in the human body.



Normal body temp = 97 to 100 F

- Everyone is different
- Lower in the am, higher in the pm



4 Ways To Take T

PO



Aural



Rectal



Ax



Types of Thermometers

- Mercury - Oral or Rectal
- Electronic - Oral or Rectal
- Tympanic - Ear
- Plastic disposable – Oral





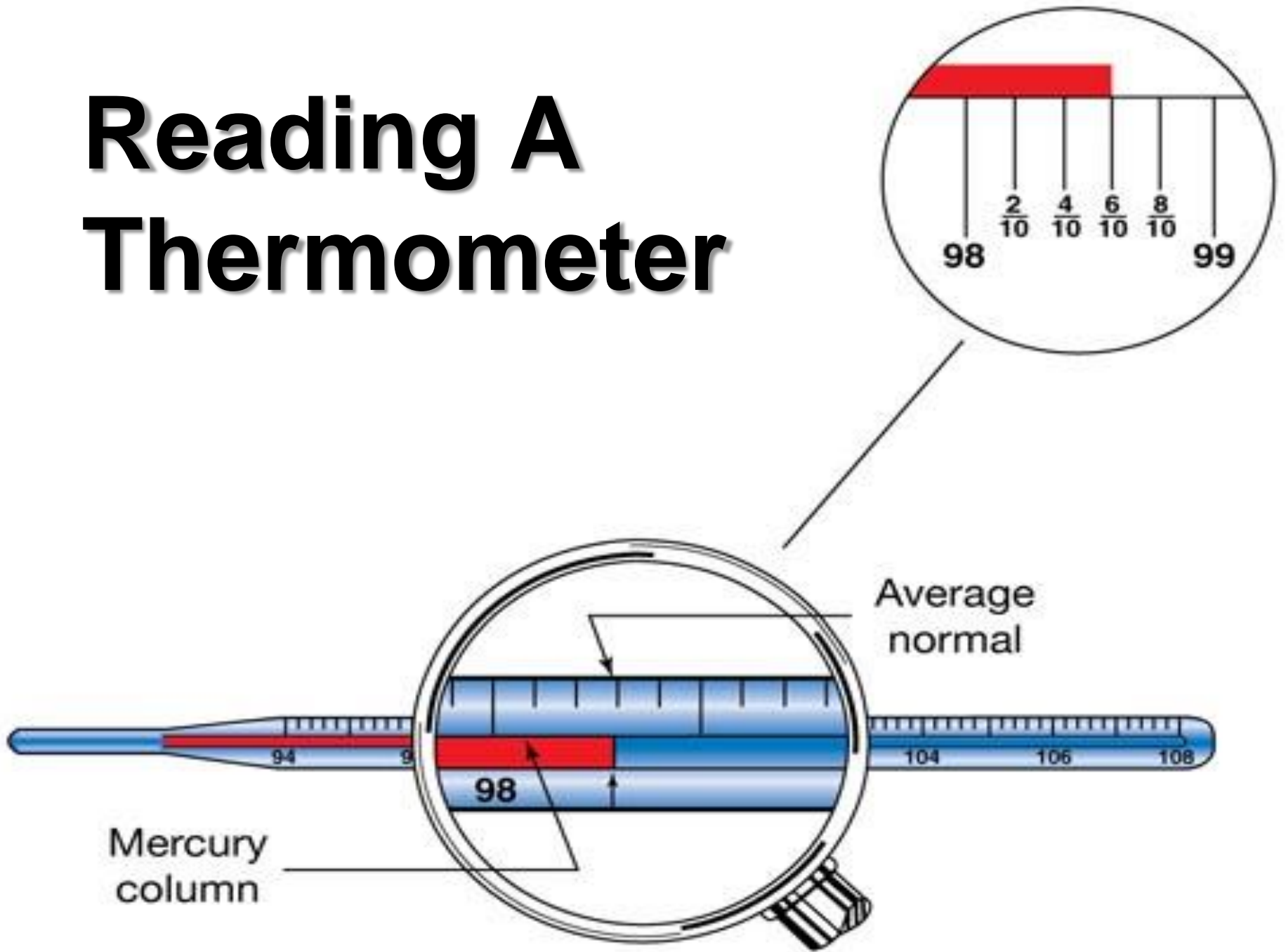
Conversion between Fahrenheit & Celsius

$$C = (F - 32) \times 0.5556 \text{ (or } 5/9)$$

Conversion between Celsius & Fahrenheit

$$F = (C \times 9/5 \text{ or } 1.8) + 32$$

Reading A Thermometer

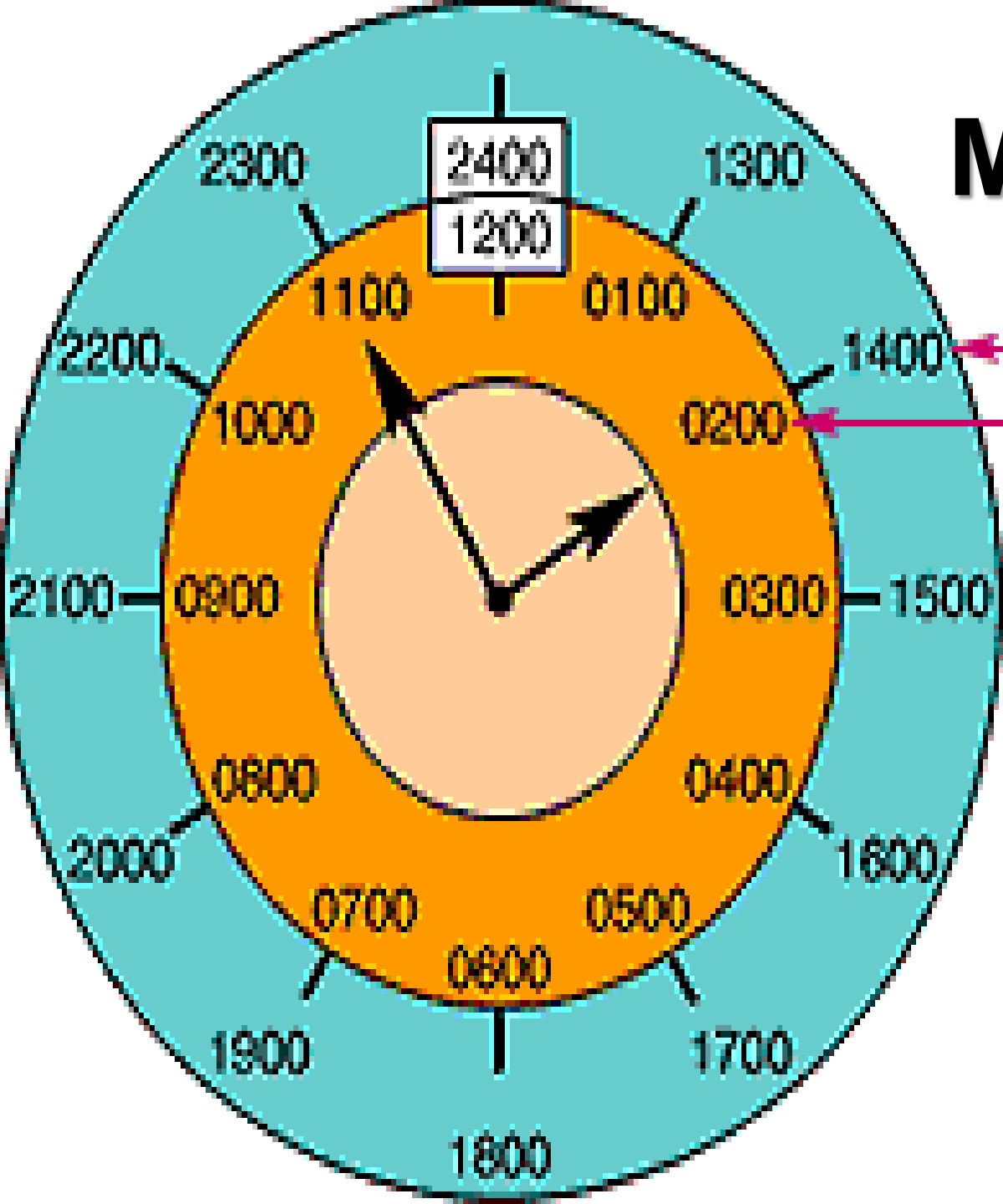


Recording T Reading

- Date
- Military Time
- VS Abbreviation
- Reading

10/15/12 2230, T = 99.6

Military Time



Say: 14 hundred hours

Say: oh-2 hundred hours

-  A.M.
-  P.M.

T Illnesses

Hypothermia = body temp below 95F

- Death below 93F

Hyperthermia = body temp above 104F

- Death & convulsions above 106F

Pyrexia = body temp above 101F

- Fever
- Febrile = fever is present
- Afebrile = no fever

Factors that change T:

Increase Temp:

- Illness,
- Infection,
- Exrs,
- Excitement,
- Environment

Decrease Temp:

- Fasting,
- Starvation
- Sleep
- Decreased mm activity,
- Environment

Eating, drinking, or smoking → **wait 15 min**

Thermometer Cleaning Guidelines

- Clinical (Mercury)
 - Soak minimum of 30 minutes
 - Use disposable paper / plastic sheaths
- Electronic & Tympanic
 - Disposable sheath

VS Lab #4

- Get your TPR Graph out of the box.
- Record as 10/29/14, Day 2, Wednesday.
- Record BP, P, R, and T for your two patients. If your patient is not here you may pick the person of your choice to take his/her place. Be sure to mark their initials at the bottom of the column as I have previously done as a fill in patient so that I know why there is a sudden change in readings.
- **DO NOT COPY WORK, YOU WILL NEVER IMPROVE THE SKILL.**
- When you are finished be sure to clean up and replace supplies in the appropriate places.