

## **Unit 5 Routine Care Procedures**

### **Lesson 1 – Circulation and Blood Pressure**

#### **Goals**

- Understand how the circulatory system of the body functions
- Understand the relationship of circulation to blood pressure
- Understand the vocabulary necessary to learn how to take blood pressure
- Understand how to read a dial on a machine (such as sphygmomanometer)

#### **Activities**

##### **1. Review**

Use one or more of the following activities (see instructor notes for complete instructions) to review previous lesson's vocabulary and/or verb list.

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1. Word Bingo (listening)         | 2. Oral cloze exercise          |
| 3. Word Bingo (definitions)       | 4. I can/ I can't Verb Practice |
| 5. Blackboard Bingo (definitions) | 6. Verb tense practice          |

##### **2. Introduction to CNA topic – Routine Care Procedures**

This unit focuses on the routine care procedures like checking vital signs, understanding blood pressure, obtaining a specimen, measuring fluids, and weighing the resident.

##### **3. Vocabulary and verb lists**

Discuss vocabulary and verbs for the lesson

- **Unit 5 Lesson 1 Vocabulary**
- **Unit 5 Lesson 1 Verb**
- **Unit 5 Lesson 1 My Vocabulary list**

##### **4. Understanding the Circulatory System**

This set of picture cards in English and Spanish was designed to educate consumers about circulation and blood pressure. It provides excellent diagrams and a simple but concise explanation for students.

- **Unit 5 Lesson 1 Your Heart, Your Life Picture Cards**  
(English with **Spanish translation for each card**)

## 5. Measuring Blood Pressure

A necessary skill for taking blood pressure is to read a dial, depending on the type of blood pressure monitor used. First, read the description of how blood pressure is measured using a sphygmomanometer. Then, practice reading the numbers from 1 to 300. Last, read systolic and diastolic readings and marking them on a typical dial. Use the blank worksheet for additional practice if needed.

- **Unit 5 Lesson 1 Measuring Blood Pressure**
- **Unit 5 Lesson 1 Reading Numbers 1 – 300**
- **Unit 5 Lesson 1 Reading a Dial**
- **Unit 5 Lesson 1 Blank Dial Worksheet**