

Unit 5 Routine Care Procedures

Lesson 2 – Vital Signs

Goals

- Understand the vocabulary related to vital signs
- Understand how to read decimals to the thousandths place
- Know how to read and interpret different pain scales

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.

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| 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 – Vital Signs

Lesson 2 discusses the routine care procedures like checking vital signs, reading decimals and weighing the resident.

3. Vocabulary and verb lists

Discuss vocabulary and verbs for the lesson

- **Unit 5 Lesson 2 Vocabulary**
- **Unit 5 Lesson 2 Verb**
- **Unit 5 Lesson 2 My Vocabulary list**

4. Vital Signs

Part of routine care performed by a nurse aide is checking and recording vital signs. This handout shows the four vital signs and the correct abbreviations.

- **Unit 5 Lesson 2 Vital Signs**
- **Unit 5 Lesson 2 What Is a Pulse?**

5. Reading Decimals

Reading decimals is needed for a variety of tasks including the vital sign – temperature. This handout explains how to correctly read a decimal.

- **Unit 5 Lesson 2 Reading and Writing Decimals**
- **Unit 5 Lesson 2 Answer Key Reading and Writing Decimals**

6. Reading a Scale

Part of routine care procedures involves reading and recording the weight of residents. Students can see a photo of a scale and then practice reading and recording the weight seen on the practice scales. The scale weighs in pounds (lbs.)

- **Unit 5 Lesson 2 Reading a Scale**
- **Unit 5 Lesson 2 Reading a Scale Answer Key**

7. Pain Scales

Pain is considered the 5th vital sign. There are different ways to assess pain. Read and discuss the two pain scales in the handout. Remind students that there are many types of pain scales but they are all based on some kind of scale from small to large.

- **Unit 5 Lesson 2 Pain Scales**

8. Talking About Pain

Practice the dialogue on the worksheet and then have students write and role play their own using one of the pain scales. If you have time, they could create their own pain scale too.

- **Unit 4 Lesson 2 Talking about Pain**