

Unit 5 Routine Care Procedures

Lesson 3 – Intake and Output

Goals

- Understand importance of measuring fluid intake and output
- Become familiar with different forms that are used to record I & O
- Convert designated amounts to cc's to determine intake

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 – Intake and Output

Water is essential to life. Intake of fluid is done through eating and drinking and output of fluid by urination, feces, vomitus or drainage. Fluid balance is an equal amount of fluid consumed and excreted. The main source of fluid is liquid taken in orally. Different health problems can result when there is an imbalance of fluid. This imbalance can be treated in various ways but physicians depend on an accurate measurement of intake and output for a 24 hour period to determine the best treatment so it's important that the information be recorded accurately.

3. Vocabulary and verb lists

Discuss vocabulary and verbs for the lesson

- **Unit 5 Lesson 3 Vocabulary**
- **Unit 5 Lesson 3 Verb**
- **Unit 5 Lesson 3 My Vocabulary list**

4. Converting to CC's for Recording of Intake & Output

Conversions are based on equivalents shown on the worksheet. For example, 1 coffee cup is equal to 160 cc's. So if 2 coffee cups are consumed, then 160 is multiplied by 2. $160 \times 2 = 320$ cc's of coffee.

- **Unit 5 Lesson 3 I & O Worksheet**
- **Unit 5 Lesson 3 I & O Worksheet Answer Key**

Students may need additional help with fractional amounts. Remind them that a fraction is really a division problem. To find $\frac{1}{2}$ of something, divide by 2.

5. Sample I & O Recording Forms

Students will likely encounter many different types of forms for recording intake and output. Here are some samples for them to compare to help them become familiar with different forms.

- **Unit 5 Lesson 3 Sample Intake & Output Forms**

6. Word Match

- **Unit 5 Lesson 3 Word Match**
- **Unit 5 Lesson 3 Word Match Answer Key**