

## **Unit 5 Routine Care Procedures**

### **Lesson 4 – Obtaining a Specimen**

#### **Goals**

- Understand what a specimen is and the different kinds
- Understand vocabulary related to urinary draining systems
- Become aware of common bowel and bladder problems in residents of long term care facilities

#### **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 – Obtaining a Specimen**

Specimens from residents are collected for laboratory analysis as indicated by a physician. Tests performed help with diagnosing conditions and assessing an infection or abnormal condition.

##### **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. Obtaining a Specimen**

The "TEN RIGHTS" of specimen collection as well as why specimens are collected.

- **Unit 5 Lesson 4 Ten Rights of Specimen Collection**

## 5. Understanding Common Bowel and Bladder Problems

Read the article to increase knowledge and awareness of bowel and bladder problems for elderly in long term care facilities.

- **Unit 5 Lesson 4 Common Bowel and Bladder Problems (English)**
- **Unit 5 Lesson 4 Common Bowel and Bladder Problems (Spanish)**

## 6. Crossword Puzzle

Review the vocabulary words for the lesson by completing the crossword puzzle.

- **Unit 5 Lesson 4 Obtaining a Specimen Crossword**
- **Unit 5 Lesson 4 Answer Key Obtaining a Specimen Crossword**