

## Vital Signs Worksheet – Unit 14

### 14.1

1. Explain how to convert Fahrenheit temperatures to Celsius.
2. List 3 times you may need to take an apical pulse.
3. What should you do if you're unable to obtain an accurate reading for a vital sign?

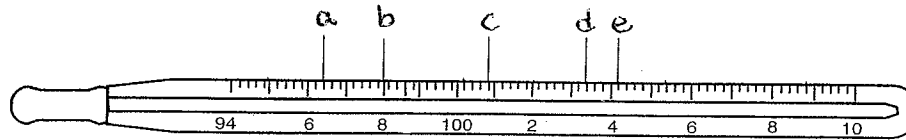
### 14.2

4. Identify 3 common reasons why a person's temperature may vary?
  5. An average oral temperature is \_\_\_\_\_, with a normal range from \_\_\_\_\_.
  6. An average rectal temperature is \_\_\_\_\_, with a normal range from \_\_\_\_\_.
  7. An average axillary temperature is \_\_\_\_\_, with a normal range from \_\_\_\_\_.
  8. Identify the most, and least, accurate temperature sites.
  9. What 3 things should a patient NOT do within the 15 minutes prior to having an oral temperature taken?
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10. What is the correct way to record an axillary temperature of 98.2? An aural temp. of 99.5?
  11. Convert the following Fahrenheit temperatures to Celsius:
    - a. 150 F
    - b. 70 F
    - c. 104 F
    - d. 99 F

12. Convert the following Celsius temperatures to Fahrenheit:

- a. 32 C
- b. 50 C
- c. 25 C
- d. 37 C

13. Identify the temperatures as shown on the thermometer:

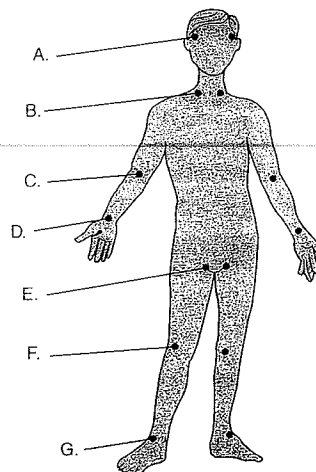


- a.
- b.
- c.
- d.
- e.

**14.3**

14. Identify each pulse point.

- a.
- b.
- c.
- d.
- e.
- f.
- g.



15. Which site is the site most commonly used pulse point?

16. Name 3 factors that could increase a pulse rate.

17. Name 3 factors that could decrease a pulse rate.

#### **14.4**

18. Identify 5 terms that could be used to describe the character or volume of respirations.

19. Identify 2 terms that could be used to describe the rhythm of respirations.

20. Why is it important for the patient to be unaware that you are counting respirations, and how might you accomplish this?

#### **14.6**

21. Why are apical pulses usually taken on infants and children?

22. Calculate the pulse deficit for the following readings:

- a. Apical pulse 105, Radial pulse 80
- b. Apical pulse 150, Radial pulse 90
- c. Apical pulse 88, Radial pulse 84

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23. How should a stethoscope be cleaned before/after taking an apical pulse?

#### **14.7**

24. What is the average/normal range for systolic pressure?

25. What is the average/normal range for diastolic pressure?

26. List 3 causes of hypotension.

27. Identify 3 things that could increase blood pressure.

28. Identify 3 things that could decrease blood pressure.

29. Record the following blood pressure readings correctly, and star (\*) those that do not fall within the normal range:

a.	Systolic	135	Diastolic	97
b.	Systolic	80	Diastolic	45
c.	Systolic	105	Diastolic	72
d.	Systolic	145	Diastolic	80
e.	Systolic	185	Diastolic	110

30. According to AHA, what recommendations should you follow to obtain an accurate blood pressure?