



Workshop: Vitals

Objectives	Resources
<ol style="list-style-type: none"> 1. Learn the fundamental tips and skills necessary to take vital signs. 2. Become familiar with commonly used equipment to take vital signs. 3. Learn the significance of taking vital signs. 	<ul style="list-style-type: none"> ➤ Vital Signs – Johns Hopkins ➤ Learning Guide & Procedures ➤ Measuring Vital Signs ➤ Additional Case Studies

Activities	
Warm-Up (5 min)	<ol style="list-style-type: none"> 1. Students will start off with an activity to get to know each other. (Ice-Breaker)
Introduction to Vitals (10 min)	<ol style="list-style-type: none"> 1. What are vitals? <ol style="list-style-type: none"> a. Review the basics of vitals, and outline the 4 vital signs. 2. Why are vitals important? <ol style="list-style-type: none"> a. Review the importance of vitals in any diagnosis and treatment. 3. Video <ol style="list-style-type: none"> a. Watch video on measuring vitals as a brief demo and introduction.
Temperature (5 min)	<ol style="list-style-type: none"> 1. Why do we take temperatures? <ol style="list-style-type: none"> a. Review basic terms for taking temperatures, including orally, rectally, axillary, by ear, and/or by skin. 2. How do we use a thermometer, and how do we interpret the results? <ol style="list-style-type: none"> a. Review basic terms for interpreting results, including fever and hypothermia.
Pulse & Respiration (5 min)	<ol style="list-style-type: none"> 1. Why do we take pulse? 2. What are some methods of taking pulse, and how do we interpret the results?
Blood Pressure (5 min)	<ol style="list-style-type: none"> 1. Why do we measure blood pressure? 2. How do we measure blood pressure, and how do we interpret the results?
Group Stations (20 min)	<ol style="list-style-type: none"> 1. Have students separate into four groups.



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| | <ol style="list-style-type: none">a. Each group will be assigned with one of four stations: temperature, pulse, respiration, and blood pressure.2. Students in groups will have five minutes taking turns and attempting to use the skills learned in the presentation to take vitals signs accurately.<ol style="list-style-type: none">a. After five minutes, the groups will rotate and all groups should have a chance to complete each of the activities. |
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Evaluation (5 min)	Reflection (5 min)
1. Scenario	2.