

Name: _____ Per: _____

Vital Signs

Go to:

https://www.hopkinsmedicine.org/healthlibrary/conditions/adult/cardiovascular_diseases/vital_signs_body_temperature_pulse_rate_respiration_rate_blood_pressure_85,p00866

1. Define "vital signs".
2. Name the 4 main vital signs.
3. What is normal body temperature range in Fahrenheit and Celsius?
4. Name 5 ways to take body temperature.
5. Which of the above methods can read $\frac{1}{2}$ degree higher than the others?
6. We know a fever is elevated body temperature, but how elevated does the temperature have to be to be considered a fever?
7. What is hypothermia?

8. Define pulse rate:
 9. In what type of blood vessel is pulse measured in?
 10. Read the directions on how to check your pulse.
Record your pulse here: _____
 11. Define respiration rate:
 12. What is normal respiration rate?
 13. Define blood pressure:
 14. Why is the systolic number higher than the diastolic number?
 15. Give another name for high blood pressure.
 16. High blood pressure can increase the risk of what 2 major diseases?
 17. According to the NHLBI guidelines, **normal** blood pressure is now defined as:
 18. According to the NHLBI guidelines, **high** blood pressure is now defined as:
 19. Are finger and wrist blood pressure monitors as reliable as aneroid or digital monitors?
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1. What is normal pulse rate?
2. Can a person's blood pressure be too low? If so, what could this indicate? (Give 3 possibilities)
3. What could be potential causes of rapid heart rate (name 3)? What is the medical name for rapid heart rate?
4. There are 3 types of tachycardia: AVT, SVT, and VT. What do these stand for and which one is most likely to be life threatening?

AVT

SVT

VT
5. What could be potential causes of slow heart rate (name 3)? What is the medical name for slow heart rate?