Covenant School of Nursing
Instructional Module (1) Learning Guide
Topic: Vital Signs

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- Identify normal and abnormal vital signs parameters
- Obtain vital signs on a diverse patient population: blood pressure, oxygen saturation, temperature, respirations, pulse (radial, apical & pedal)
- Determine adequate function of the cardio-pulmonary system

Pre-Class Preparation

Required:

Read

- Potter, P., Perry, A., Stockert, P., & Hall, A. (2017). *Fundamentals of Nursing* (9th ed.) **Chapter 30 – Vital Signs, pp. 486-532**, St. Louis, MS: Elsevier.
- Review Power point slides

Complete

- The online assignments listed in the Learning Activities have a course due date that is documented on the Lesson information. It is recommended that you complete the activities prior to class for an introduction to the lecture.
- An average score of 80% on each test in the assignment is required. Failure to complete the assignments by the due date will result in an absence – review your syllabus.

Additional Resources:

- https://www.youtube.com/watch?v=7XaftdE_h60 (Flow Through The Heart) (7min)
- https://www.youtube.com/watch?v=7K2icszdxQc (Electrical System of the Heart) (9min)
- https://www.youtube.com/watch?v=K57qjYYjgIY (Two Circulations in the Body) (12min)

Learning Activities

Classroom Activities:

- Lecture
- Group discussion and practice in class (bring **stethoscope** to class)

Laboratory/Clinical:

- Vital Signs lab and clinical implementation

Online:

- Go to My Evolve
  Select Clinical Skills: Skills for Nursing Collection
  Select Course Content
  Select Essentials Collection
  Select and complete the following modules:
  -Assessing Radial Pulse
  -Obtaining Blood Pressure by the One-Step Method
  -Assessing Pain

Online (Optional):

- Taking Temperatures
- Measuring Oxygen Saturation with Pulse Oximetry
- Assessing Respiration: Rate, Rhythm, & Effort

Evaluation Methods

- Unit exam
- Simulation (a component of)
- CPE (a component of)

Texas DECs	***QSEN Competencies***
Knowledge: IA: 4; IB: 4, 7b, c; IC: 2 IIA: 1b, 2b; IIB: 1, 2, 4, 5, 7, 10; IIC: 1a, 2 a, b, 3, 6; IID: 1a, b, c, e, 2, 3a; IIE: 3b, 13; IIF: 1, 2 IIIA: 4; IIIB: 1.a, b, 2; IIID: 1c; Clinical Judgements and Behaviors 1A: 2; IB: 2a, 3a, b, c, 8.; ID: 1. IIA: 2a; IIB: 1, 2, 3a, b, 5, 6, 7, 9; IIC: 1, 3b, 7; IID: 1, 2c; IIE: 7c, 9, 10, 12b; IIF: 1a, 2a, b IIIA: 4; IIIB: 2, 3a; IIIC: 2a; IIID: 2, 3; IIIF: 1	Patient Centered Care; Safety
IM Student Learning Outcomes	***NCLEX Test Plan***
1; 2; 4; 7; 8	1. Safe and Effective Care Environment: a. Management of Care i: Client rights ii: Continuity of care b. Safety and Infection Control: i: safe use of equipment ii: Standard precautions 2. Health Promotion and Maintenance: a. Health promotion/disease prevention b. Health screening c. Techniques of Physical Assessment 3. Psychosocial Integrity: a. Therapeutic Communication b. Therapeutic Environment 4. Physiological Integrity a. Physiological Adaptation: i. System specific assessments 5. Physiological Adaptation: a. Pathophysiology
Concepts	***Faculty***
Gas Exchange – Oxygenation / Thermoregulation / Perfusion	**Stunkard**
Date originated: **07/08/2015**	***Revision Dates:*** **02/08/2016; 12/2016; 02/09/2017;02/9/2018; 02/4/2019**