

**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. (2021). *Fundamentals of Nursing* (10<sup>th</sup> ed.) **Chapter 29 – Vital Signs, pp. 467-515**, 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](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=K57qjYYjglY> (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:
    - Obtaining Blood Pressure by the One-Step Method
    - Assessing Pain

Online (**Optional**):

- Taking Temperatures

<ul style="list-style-type: none"> <li>Measuring Oxygen Saturation with Pulse Oximetry</li> <li>Assessing Respiration: Rate, Rhythm, &amp; Effort</li> </ul>	
<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>Unit exam</li> <li>Simulation (a component of)</li> <li>CPE (a component of)</li> </ul>	
<b>Texas DECs</b>	<b>QSEN Competencies</b>
<p>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;</p> <p>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</p>	Patient Centered Care; Safety
<b>IM Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1; 2; 4; 7; 8	<ol style="list-style-type: none"> <li>Safe and Effective Care Environment:           <ol style="list-style-type: none"> <li>Management of Care               <ol style="list-style-type: none"> <li>Client rights</li> <li>Continuity of care</li> </ol> </li> <li>Safety and Infection Control:               <ol style="list-style-type: none"> <li>safe use of equipment</li> <li>Standard precautions</li> </ol> </li> </ol> </li> <li>Health Promotion and Maintenance:           <ol style="list-style-type: none"> <li>Health promotion/disease prevention</li> <li>Health screening</li> <li>Techniques of Physical Assessment</li> </ol> </li> <li>Psychosocial Integrity:           <ol style="list-style-type: none"> <li>Therapeutic Communication</li> <li>Therapeutic Environment</li> </ol> </li> <li>Physiological Integrity           <ol style="list-style-type: none"> <li>Physiological Adaptation:               <ol style="list-style-type: none"> <li>System specific assessments</li> </ol> </li> </ol> </li> <li>Physiological Adaptation:           <ol style="list-style-type: none"> <li>Pathophysiology</li> </ol> </li> </ol>
<b>Concepts</b>	<b>Faculty</b>
Gas Exchange – Oxygenation / Thermoregulation / Perfusion	Stunkard
<b>Date originated:</b> 07/08/2015	<b>Revision Dates:</b> 02/08/2016; 12/2016; 02/09/2017;02/9/2018; 02/4/2019; 2/9/2021

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