

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 the adequate function of the cardio-pulmonary system

Pre-Class Preparation

Required:

Read

- Potter, P., Perry, A., Stockert, P., & Hall, A. (2021). *Fundamentals of Nursing* 10th ed. (2021) and 11th ed. (2023).

Chapter 29: Vital Signs

- Review Power point slides

Complete

- There are online HESI assignments that accompany this lesson, and they are listed on the HESI Recommended Due Date document located on the LMS. It is recommended that you complete the HESI assignments prior to class. An average score of 80% on each HESI assignment is required. Failure to complete the assignments by the due date listed on the document will result in failure to progress to the next module.

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:
 - Obtaining Blood Pressure by the One-Step Method
 - Assessing Pain

Online (**Optional**):

- Taking Temperatures

<ul style="list-style-type: none"> Measuring Oxygen Saturation with Pulse Oximetry Assessing Respiration: Rate, Rhythm, & Effort 	
Evaluation Methods	
<ul style="list-style-type: none"> Unit exam Simulation (a component of) CPE (a component of) 	
Texas DECs	QSEN Competencies
<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
IM Student Learning Outcomes	NCLEX Test Plan
1; 2; 4; 7; 8	<ol style="list-style-type: none"> Safe and Effective Care Environment: <ol style="list-style-type: none"> Management of Care <ol style="list-style-type: none"> Client rights Continuity of care Safety and Infection Control: <ol style="list-style-type: none"> safe use of equipment Standard precautions Health Promotion and Maintenance: <ol style="list-style-type: none"> Health promotion/disease prevention Health screening Techniques of Physical Assessment Psychosocial Integrity: <ol style="list-style-type: none"> Therapeutic Communication Therapeutic Environment Physiological Integrity <ol style="list-style-type: none"> Physiological Adaptation: <ol style="list-style-type: none"> System specific assessments Physiological Adaptation: <ol style="list-style-type: none"> Pathophysiology
Concepts	Faculty
Gas Exchange – Oxygenation / Thermoregulation / Perfusion	N. McAdams, MSN, RN
Date originated: 07/08/2015	Revision Dates: 02/08/2016; 12/2016; 02/09/2017;02/9/2018; 02/4/2019; 2/9/2021; 01/24/2022, 10/20/2023