1. Match the expressions with their definitions below: vital signs / respiratory rate / high blood pressure / sleeve / pulse / the cuff / to weigh / to turn on.

a. A part of a garment that covers all or part of an arm: ________________.

b. As blood flows through arteries it pushes against the inside of the artery walls. The more pressure the blood exerts on the artery walls, the higher the blood pressure will be: ________________.

c. The number of breaths per minute or, more formally, the number of movements indicative of inspiration and expiration per unit time: ________________.

d. To determine the weight of something or someone by using a scale or balance: __________.

e. Objective measures for a person: temperature, respiratory rate, heart beat (pulse), and blood pressure. When these values are not zero, they indicate that a person is alive. They can be observed, measured, and monitored: ________________.

f. The rhythmical throbbing of arteries produced by the regular contractions of the heart, especially as palpated at the wrist or in the neck: ________________.

g. To cause to begin an operation, an activity or flow of: __________.

2. Using these Youtube videos links, answer the following questions:

   **Checking the vital signs on a patient**

   *Link n.1: [http://www.youtube.com/watch?v=4ONEyGhfi60](http://www.youtube.com/watch?v=4ONEyGhfi60)

a. Which are the first five steps you should always do before checking the patients vital signs?

1. 
2. 
3. 
4. 
5.

b. What do you need to do with the cuff before using it on the patient?

-
c. Why can’t the cuff be on the elbow?
- 

d. Why do you need an alcohol sponge?
- 

e. What is the stethoscope used for?
- 

f. How long does it take to check a patient’s blood pressure?
- 

*Link n.2: [http://www.youtube.com/watch?v=XJd4Nj07J_8](http://www.youtube.com/watch?v=XJd4Nj07J_8)

1. What should you do if you find any abnormalities in the patient’s pulse?
   a. Count for 30 seconds.
   b. Count for a full minute.
   c. Count for a minute and a half.

2. What is the first thing you must do to assess blood pressure?
   a. To check the patient’s arm size.
   b. To ask the patient for his/her phone number.
   c. To select the right cuff size.

3. Why is it essential to select the right cuff size?
   a. If you don’t, you can get a false pulse reading.
   b. If you do, you will win a trip to an amazing beach in Cancun.
   c. If you don’t, the patient can suffer from a heart attack.

4. What is the systolic reading?
   a. The first pulses you hear after you start to deflate the cuff.
   b. The last pulses you hear before you finish deflating the cuff.
   c. The pulses in between.
5. What is the diastolic reading?
   a. The kind of pressure the lungs cause on the heart.
   b. The pressure that is exerted on the walls of the arteries in between the heart beats when the heart is relaxed.
   c. When the tapping sound should start to fade and when it has completely disappeared, this recording is the diastolic reading.

3. Translate the following sentences from English into Catalan or Spanish:
   a. I bumped my shin on the table and I had to sit for a few minutes, it was really painful!
   b. Your Observations are: your weight, temperature, pulse and respirations. Also, your blood pressure and oxygen sats – that’s the amount of oxygen in your blood.
   c. I am going to clip the lead onto your finger so it will give me a reading for oxygen sats.
   d. I am going to take your Obs. now. It will only take a few minutes, it’s fairly simple.

4. Reorder sentences and organize them in a way that they make sense in English:
   a. experienced/ not/ is/diastolic/Recording/reading/the/for/difficult/an/nurse.
   b. ok/observations/my/Were/?
   c. have/any/do/allergies/you/?
   d. identify/to be able to/you/We/put/ID bracelet/ need/to/on.