

VITAL SIGNS - BLOOD PRESSURE AND PULSE COURSE LEARNING WORKBOOK



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Note: External Links: Regarding Advertisements

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VITAL SIGNS - BLOOD PRESSURE AND PULSE—COURSE WORK BOOK

ACTIVITY QUESTIONS AND ASSIGNMENTS

This course includes “40 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

Additional Assignments

— In addition to the “40 numbered” activity questions” there are external video/article links (∞) that also have questions. These questions are not on the exam.

— The main purpose of the external webinar/video/article links is to watch and/or read them and increase student engagement.

— The webinars/videos also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam. They are to help reinforce the material.

External Link Assignments Quick Steps

— Click on the external webinar/video/article links (∞) below.

— Key Points: Identify core sections.

- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

LESSON 1: BLOOD PRESSURE

1. Define blood pressure.

2. Without blood pressure what two basic provisions would not be pushed around our circulatory system?

3. Why is blood pressure vital?

4. What is it that causes blood to exert pressure in our arteries?

5. When is blood pressure the highest?

6. When is blood pressure the lowest?

7. Explain whom blood pressure is measured.

8. How is the stethoscope used to measure blood pressure?

9. What is systolic pressure?

10. What is diastolic pressure?

11. What is normal pressure?

12. List five ways you can maintain healthy blood pressure.

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External Link Videos

Assignment: Watch and/or listen.

— From each of the external links below, answer the questions, discuss what you have learned, and then expand upon them with reflection and your own research.

∞ [Click here to watch the Mayo Clinic video - a 2-minute video](#)

What did you learn from this video?

∞ [Click here for another video on how to take blood pressure manually - a 13-minute video](#)

What is heart rate?

What are reasons for a fast heart rate?

What is a regular pulse?

How can you measure heart rate?

What else did you learn from this video?

LESSON 2: HYPERTENSION

13. In the year 2025 what is the number of people living with hypertension (high blood pressure) is predicted to be?

14. What modern lifestyle factors are responsible for a growing burden of hypertension?

15. What lifestyle measures are used first to treat high blood pressure?

16. Define high blood pressure.

17. What is stage 1 high blood pressure?

18. What is stage 2 high blood pressure?

19. List the five general risk factors for hypertension.

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20. Secondary hypertension has specific causes. List 10.

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21. What are the four symptoms of high blood pressure?

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22. How is hypertension diagnosed?

23. List all lifestyle measures shown to reduce blood pressure and that is recommended by experts.

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24. What is the DASH diet?

25. What classes of drugs are available to help lower blood pressure?

External Links

Assignment: Read, watch, and/or listen.

— From each of the external links below, discuss what you have learned and then expand upon them with reflection and your own research.

∞ Find videos, trackers, and more with the [interactive HBP guide](#). The guide has tips to empower you to manage your blood pressure.

Discuss which blood pressure number is more important.

Discuss why blood pressure is measured in mm Hg.

∞ [The Anatomy of Blood Pressure:](#)

When you are on the website - click on the images to learn more. Then discuss below what you have learned.

∞ [HBP and the Cardiovascular System](#)

When on the website - click on the images to learn more about how high blood pressure affects your arteries and heart. Then discuss below what you have learned.

∞ [The Blood Pressure Test:](#)

When you are on the website - use the "red next button" on the right to learn more. Then discuss below what you have learned.

∞ [Click Here to Watch the Video - 10 Foods that Lower Blood Pressure Naturally](#)

Discuss the 10 foods that help to lower blood pressure naturally. Then search the web to find more foods and list them below.

∞ The Interactive Cardiovascular Library at <http://www.heart.org/> has detailed animations and illustrations to help you learn conditions, treatments, and procedures related to heart disease and stroke.

LESSON 3: HYPOTENSION

26. What are the seven common symptoms of low blood pressure?

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27. What are the causes of low blood pressure?

28. What medications can lead to low blood pressure?

29. Explain how hypotension is diagnosed.

30. What helps improve the symptoms of hypotension?

LESSON 4: PULSE

31. Where is the pulse easiest to find?

32. What is the difference between heart rate and pulse?

33. What is tachycardia?

34. What is bradycardia?

35. How do you take wrist pulse?

36. How steps do you do to record a pulse reading?

37. As a general rule, what is the resting heart rate for adults?

38. As a general rule, what is the resting heart rate for athletes?

39. What places on the body are not easy to find a pulse?

40. What is an ectopic beat?

External Links

Assignment: Read, watch, and/or listen.

— From each of the external links below, discuss what you have learned and then expand upon them with reflection and your own research.

∞ [Vital signs \(body temperature, pulse rate, respiration rate, blood pressure\)](#).
Discuss below what you have learned.

∞ [Click here to view an animation of tachycardia](#). Make sure to select the condition (Atrial Tachycardia or Ventricular Tachycardia) in the right corner. Discuss below what you have learned.

∞ [Click here to view an animation of bradycardia](#).
Make sure to select the condition (Bradycardia) in the right corner. Discuss below what you have learned.

∞ Below are the simple steps needed to take a pulse at the wrist (radial pulse) or [go to this link - How do I check my pulse](#) or [go to this link - Checking your pulse?](#)

What are simple steps to check your pulse?

∞ The video in the link below, presented by a registered nurse, explains how to take a pulse. [You can watch this video on www.youtube.com - click here - 3:37 minutes](#) Then [go to this link to learn more about - How do I check someone's pulse?](#) Practice taking your pulse.

∞ Click on the links below to listen to the example heart rhythms to help you spot an irregular heartbeat:

- [Regular pulse](#)
- [Irregular pulse](#)

∞ [How is the Test Performed - go to this link](#) > [Discuss below what you have learned.](#)

∞ [Target Heart Rates Chart](#) > [Discuss below what you have learned.](#)

∞ Go to this link for an [online target heart rate calculator](#). [Discuss below what you have learned.](#)

∞ Go to this link for the [American Heart Association Recommendations for Physical Activity in Adults and Kids](#). [Discuss below what you have learned.](#)

∞ Go to this link [to learn how to choose the right blood pressure monitor](#). Discuss below what you have learned.

∞ Go to this link to get a [Blood Pressure Monitor Buying Guide](#). Discuss below what you have learned.

∞ WATCH AND LEARN ANIMATIONS

Assignment: When you are on the website - use the "red next button" on the right to learn more. If there is no "red next button" - use the menu in the left corner. Then discuss below what you have learned for each animation.

∞ [Transient Ischemic Attack](#)

∞ [Heart Attack](#)

∞ Heart Failure

∞ Stent

∞ Cardiac Catheterization

∞ Angina

∞ Coronary Bypass

∞ Heart Valves - 7 Different Animations

∞ Atherosclerosis

∞ Pacemaker

∞ Carotid Artery Surgery

∞ Cholesterol

