

Blood Pressure Lesson Plan

Summary:

Blood pressure and pulse rate are some of the basic vital signs used to help diagnose and care for patients in the health care field. When health care workers first meet a patient a blood pressure and pulse rate are among the first medical information that is obtained.

Main Curriculum Tie:

Career and Technical Education Introduction

Standard 7 Objective 3

Indicator: Demonstrate various methods of giving and obtaining medical information

Careers Highlighted: Medical Assistant and Certified Nursing Assistant

Materials:

Blood Pressure and Stethoscope Kits

(Many kits can be found at www.amazon.com for a variety of different prices. For example a Lumiscope kit is \$22.00.)

Alcohol Wipes

Balloons – enough for 1 for each student

Student Worksheet

Prior to Class:

As the teacher, become familiar with what a blood pressure is and how to take a blood pressure. Visit: <http://www.csuchico.edu/step/bp/bp.html>

This link will tell you what a blood pressure is, and will show you how to take a blood pressure. Either become familiar enough with it, that you can just teach the students, or you could go through the website directly with the students.

Instructional Procedures:

Step 1

Pass out a copy of the basic heart diagram to each student. Explain to the students what a blood pressure is, and why blood pressures are taken. Demonstrate to the students how to take a blood pressure, and explain to them the sounds they will hear when taking a blood pressure. A good source is: <http://vimeo.com/26580985>
When using this video – start at about 17:20 and it will give you scenarios with a blood pressure dial and the sounds they will hear.

Step 2

If your classroom has blood pressure and stethoscope kits, break your students into groups and have the students take turns taking each other's blood pressures. Make sure you have alcohol wipes for the students to clean off the ear pieces of the

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