

Sample Worksheets from

Health Assistant

Student Workbook

Student Name _____ Date _____

Module 6 - Vital Signs
Task 1 - Measure and record temperature

1. What are vital signs?

2. Define temperature.

3. What is the ideal health state in the human body?

4. What does temperature regulate?

5. What is the normal range for body temperature?

6. Name five reasons why variations in temperature can occur.

7. What is used to record temperature?

8. List the normal temperatures for oral, rectal, and axillary readings.

9. Which of the three methods of taking temperatures is most accurate? Why?

10. When taking oral temperature, why is it important that the patient not eat, drink, or smoke for at least fifteen minutes before?

Questions Answered Correctly _____ Score _____

Student Name _____ Date _____

Module 6 - Vital Signs
Task 2 - Measure and record pulse

1. Define pulse.

2. Where is the pulse more easily felt?

3. Name seven pulse sites in the body.

4. Where is the pulse usually taken?

5. How is the pulse rate noted?

6. What is the general range of pulse rates in adults?

7. Define bradycardia and tachycardia.

8. How is the rhythm of the pulse described?

9. How is the volume of the pulse described?

10. Why should the thumb not be used to take a pulse?

Questions Answered Correctly _____ Score _____