

CHAPTER
18

Vital Signs, Height, and Weight

Name: _____ Date: _____ Period: _____

Reflect on Your Learning

Reflect on what you learned and answer the following questions.

1. What factors should you consider when measuring a patient's or resident's blood pressure?

2. Why are a patient's height and weight measurements important? What can these measurements tell you about the patient's health?

3. How should you measure the height and weight of a bedridden resident?

4. What is one piece of information you learned in this chapter that surprised you? How will this information impact your care as a nursing assistant?

Reflect on Your Practice

Reflect on how you can apply what you learned to your practice. Answer the following questions.

1. Before you started reading this chapter, what did you think vital signs were? How has your perception changed after reading this chapter?

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2. What one thing would you like people to notice about your understanding of measuring vital signs?

3. What is one thing you would like to improve upon regarding your understanding of measuring vital signs?

4. What challenges do you think you will face incorporating what you learned in this chapter into your practice? How will you overcome these challenges?
