

**SEMESTER 1
WEEK 9**



CENTRE DE RÉÉDUCATION ET D'INSERTION PROFESSIONNELLE

ENGLISH4NURSING IFSI - CRIP



Your name : _____

CONTENTS

S1 - Week 9 CRIP.	Time	Objectives
Warming up	10 mn	<ul style="list-style-type: none"> • Vital Signs • Defining Vital Signs • Equipment place word on chart related to equipment needed to check vital signs
Vocabulary	20 mn	<ul style="list-style-type: none"> • In pairs, students complete A/B exercise for vital signs • Correct answers together in class & students note in booklet answers
Listening	15 mn	<ul style="list-style-type: none"> • Students watch a video demonstrating how to take a patient's blood pressure • Students answers questions in pairs • Correct answers together
Vocabulary	20 mn	<ul style="list-style-type: none"> • From transcript, review vocabulary & understanding • Students translate the text in small groups • Word search on vital signs • Teacher circulates to help & correct
S1 - Week 9		
Photocopies/Documents		
		<ul style="list-style-type: none"> • PPT - Lesson&Answers week 9 • Student Booklet – S1 Week 9 • A/B exercise sheet

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WARMING UP

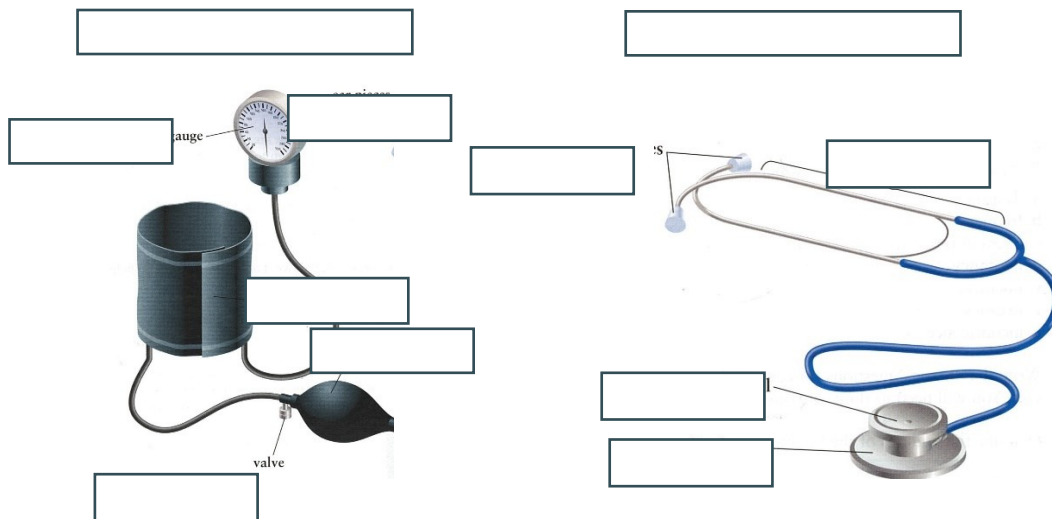
What are vital signs? How would you explain what they are to someone who doesn't know anything about it?

DEFINITION:

BUILDING UP YOUR VOCABULARY

Place the words on the chart below.

sphygmomanometer	valve	stethoscope	diaphragm	headpiece
Dial/gauge	ear pieces	bell	cuff	Pump/Bulb



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Complete the paragraph with the words in the word box.

blood	thumping	hear	pressure	artery
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A stethoscope is used to _____ the sound of _____ rushing back through the _____. The first _____ is the systolic blood pressure (SBP). When the thumping sound is no longer heard, that's the diastolic blood _____ (DBP).

What are these terms called in French ?





ENGLISH		FRENCH
A stethoscope		
A sphygmomanometer		
Systolic blood pressure (SBP)		
Diastolic blood pressure (DBP)		
Thumping sound		
A gauge		
A bell		

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SERIOUS GAME

VITAL SIGNS

In pairs, complete A/B exercise for vital signs. Once corrected, complete the table below.

	What is the vital sign?	What is the French translation for the vital sign?	What object(s) do you use?	What is the French word(s) for the object(s)?
				
				
				
				

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LISTENING COMPREHENSION

Watch the video demonstrating how to take a patient's blood pressure. Then, answer the questions. (Transcript available for beginners-Pre intermediates)

1. What is the first thing you should note before taking a patient's blood pressure?
2. What equipment do you need to take a patient's blood pressure?
3. What is the first number that we record? What is the second number?
4. What is a systolic pressure?
5. What is a diastolic pressure?
6. What do you need to do when you finish taking the patient's blood pressure?

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VIDEO TRANSCRIPT

Measuring Blood Pressure Video Transcript

Before you begin, be sure to note whether the patient is sitting, standing or lying down during the pressure reading.

The standard position is with the patient sitting, and with the patient's arm relaxed. However, this position is not always practical in an emergency situation.

First, choose the correct size cuff for the patient's arm. Put the cuff around the upper arm with the cuff mark at the medial side of the biceps brachia, about an inch above the anterior elbow.

Next with your first two fingers, feel or palpate for a pulse on the radial artery. The radial pulse is found on the thumb side of the forearm, at the wrist. Now squeeze the bulb to inflate the cuff until the pulse can no longer be felt. The pressure in the cuff matches the pressure needed to close the vessel and to stop the flow of blood. Keep inflating for about 30 mm of mercury above the point where no pulse is felt.

Place the stethoscope just under the distal part of the cuff over the brachial artery. Slowly release the pressure at about 2 mm per second. As the pressure in the cuff drops, blood begins to pulse through the vessel. When you hear two consecutive beats, record this pressure reading as the systolic pressure. Keep releasing the pressure slowly until you can no longer hear the sounds in the stethoscope. The cuff pressure reading at the time when the sound disappears from the stethoscope is called the diastolic pressure. This represents the pressure exerted on the walls of the arteries when the heart is at rest.

Open the valve to deflate the cuff completely, but leave the cuff in place to save time for sequential readings.

Record your information as soon as possible to avoid forgetting it. Be sure to repeat the readings over time to check for changes in blood pressure as the patient progresses.

The inflated cuff compresses the tissues and vessels to stop the arterial pulse. As the air is released from the cuff, the blood vessel opens just enough to allow the high pressure blood to pass through the vessel. As this blood passes, the partially compressed cuff creates turbulent blood flow. This turbulence can be heard by placing a stethoscope under the distal end of the cuff. At this pressure, we are reading the systolic pressure.

As you slowly deflate the cuff, there is less compression of the vessels, and the blood flow becomes less turbulent, so the sound is no longer heard. The diastolic pressure represents the pressure exerted on the walls of the arteries when the heart is at rest.

Remember to fully deflate the cuff when finished.

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TRANSLATION

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CRIP - Groupe UGECAM Occitanie

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WORD SEARCH

blood pressure	dial	temperature	cuff	fingers	high	vital signs
pump	rate	thermometer	watch	fever	low	valve
respiratory	heart	stethoscope	pulse	hypertension		eyes

ACNEYGRFYUEIRULHLOP
 RRACOMP PLOTNES REEPEE
 SEYRUUOEYFIWSLSASEMU
 AISEMRTEBERSRRNSEHTI
 REYPEETE T LSVRIEYTBNU
 TEROIMERHSUEPEWITERR
 SBRCORATEHEAOTREOVOS
 PULSEEAHRYTAPSAAIAIY
 VNPOTDSTMPCFURHGESOT
 RAEHOICEOERUTAREPMET
 BEITCDENMROSFOLEOLCE
 NFEEMTPRETYOEF PNEVFR
 FTITHEARTERTGWEPULBC
 IVUSGMSWENVPOTE OGRRI
 RRETILFVRSSLEOITSRCE
 OOSRHHSNGISLATIVTEYH
 AAERFEPDHOCUEVEPAFHR
 FTLREVEFINGERS TETTHC
 ECTRYRATAAROTERSHTLU
 HITEEPTCSILAEORTTTPR

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