

Section 3.2 • Temperature, Pulse, Blood Pressure and Respiration

1. Match the words and definitions

1 fever 2 wrist 3 pulse rate 4 rhythm 5 blood pressure 6 sputum

- a ___ the regular pattern of heartbeats
- b ___ mucus coughed up from the respiratory tract
- c ___ body temperature above normal
- d ___ the joint between the hand and the forearm
- e ___ the number of heartbeats per minute
- f ___ the pressure of blood against the walls of arteries

2. Read and complete the observation chart

At 8 a.m., Nurse Emma checks Mrs Green's vital signs. Her temperature is 38.4 °C. Her pulse is 96 beats per minute and regular. Her blood pressure is 128/78 mmHg. Her respiratory rate is 22 breaths per minute. Mrs Green says, "I feel hot and tired. I have a headache and I don't feel like eating." Emma records the measurements and reports the patient's symptoms to the nurse in charge.

3. Check your understanding

Write T (true) or F (false). Correct the false statements.

- 1 ___ Mrs Green's pulse is irregular.
- 2 ___ She reports loss of appetite.
- 3 ___ Emma measures how many times Mrs Green breathes in one minute.
- 4 ___ Emma records only the temperature.

4. Match the breathing terms

1 apnoea 2 dyspnoea 3 orthopnoea 4 shallow breathing
5 hyperpnoea 6 stertorous breathing

- a ___ breathing that is not deep
- b ___ noisy, snoring breathing
- c ___ a period when breathing stops
- d ___ difficulty breathing
- e ___ increased depth of breathing, often with an increased rate
- f ___ difficulty breathing when lying flat, relieved by sitting upright

5. Complete the nurse–patient conversation

Use each expression once: take your temperature • hold out your wrist •
roll up your sleeve • breathe normally • short of breath

Nurse: Good morning. I'm going to check your vital signs. First, I'll (1) _____

Patient: All right.

Nurse: Could you (2) _____, please? I'll check your pulse.

Patient: Like this?

Nurse: Yes, thank you. Now please (3) _____. I'll measure your blood pressure.

Patient: Should I hold my breath?

Nurse: No, please (4) _____.

Nurse: Have you felt (5) _____?

Patient: Yes, especially when I walk to the bathroom.

