

## STATION CARD: THERMOMETER/TEMPERATURE

### Instructions:

At this station you will learn how to use a thermometer. There are three common types of thermometers, depending on where they are placed on your body: mouth, ear, and forehead. Today you will learn to use a thermometer that gathers the body temperature from the forehead.

1. Turn on the thermometer by pressing the large power button below the display.
2. Position the thermometer. You should aim the thermometer at the center of the forehead and hold it about 1–2 inches away.
3. Pull the trigger button on the front to take a reading.
4. Record each group member's temperature in your handout.
5. Wipe off the thermometer after each use with an alcohol wipe.
6. Turn the thermometer back off before rotating to the next station.

## STATION CARD: STETHOSCOPE/PULSE

### Instructions:

While there may be more modern electronic devices that take pulse, this vital sign was traditionally collected using a stethoscope. To use the stethoscope to find the pulse:

1. Be mindful of the fact that since you are listening to the pulse, you will need it to be quiet while you try to take the pulse.
2. Make sure the earpieces are facing forward (the exposed metal part at the bottom should be facing you as you put them on), then place them in your ears so that they sit comfortably.
3. Hold the chest piece, which is the round metal piece, in your hand, and place it gently to the area you want to listen to. To obtain the pulse, place it over your heart on your left side. Listen for a steady thumping sound.
4. To measure the pulse, you want to count how many beats you hear over 15 seconds. You can set a timer or watch the second hand on a clock. Once you know how many beats the heart has in 15 seconds, you can multiply this by 4 to get your pulse.

## STATION CARD: BLOOD PRESSURE CUFF

### Instructions:

Sphygmomanometers or blood pressure cuffs are electronic devices that gather how much force is being used to pump blood through your heart. They work by squeezing your arm just enough that the pressure in your blood vessels can be measured. When the cuff fills it may be tight, so don't worry, it should only take a bit to get a reading.

1. To begin, sit down and rest your arm on a table so that your upper arm is at about the same level as your heart. You'll want to put your feet flat on the floor.
2. Wrap the cuff around your upper arm, just a little above your elbow. You want it to be snug enough, so it stays on your arm but isn't too tight.
3. Make sure your feet are on the floor and press the power or start button and be still while it runs.
4. Record the numbers that show up when it's finished in your handout. The top number is your systolic pressure, and the bottom is your diastolic pressure.
5. The blood pressure monitor should also give you your pulse. When you compare this to the pulse you collected using the stethoscope, are they similar?

## STATION CARD: PULSE OXIMETER

### Instructions:

Pulse oximeters measure how much oxygen is in your blood, as well as how fast your heart is beating.

1. Make sure your hand is warm and relaxed. If you have cold hands, rub them together for a bit to warm them up.
2. Place the pulse oximeter on your index finger. Keep your hand still and wait a few seconds while the device measures your oxygen levels.
3. You should see two numbers on the screen: Your SpO<sub>2</sub>—or blood oxygen level and your pulse.
4. Remove the pulse oximeter.
5. Check your pulse against both your stethoscope readings and the blood pressure cuff. What is the average of the three readings?