

Reading Blood Pressure

Objective: To learn and understand the basics of reading and taking blood pressures

Activity A

1. Watch video at <http://www.youtube.com/watch?v=oi0FVbsiwEk>. Follow direction when you place cursor on link. Pause video at 4:30 (4 minutes and 30 second). DO NOT GO ANY FURTHER.
2. Answer questions below for Activity A.

Activity B

1. Write down the systolic and diastolic blood pressures from the pictures.

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Activity A.

1. What is the name of the instrument used to measure blood pressure? (hint 16 letters)

2. Every measurement has a _____, which is part of recording the reading.

3. What is the unit of measurement for blood pressure?

4. What does it stand for?

5. Each mark on the gauge indicates a unit of “_____”mmHg.

6. The long marks on the gauge below represents units of _____.



Gauge Image 1

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7. The short lines on the gauge below represents units of _____.



Gauge Image 2

8. The first sound you hear is the _____ blood pressure.

9. When the sound stops it is called the _____ blood pressure.

10. What is happening to the heart with the systolic blood pressure?

11. The diastolic?

12. Is it appropriate to make up numbers for a blood pressure reading?

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13. Is it ok to round up or round down?

Activity A Answer Key

1. Sphygmomanometer
2. Unit
3. mmHg
4. Millimeters of mercury
5. 2
6. 10
7. 2
8. Systolic
9. Diastolic
10. The heart contracts with full force
11. The heart rest and refills
12. No
13. Yes

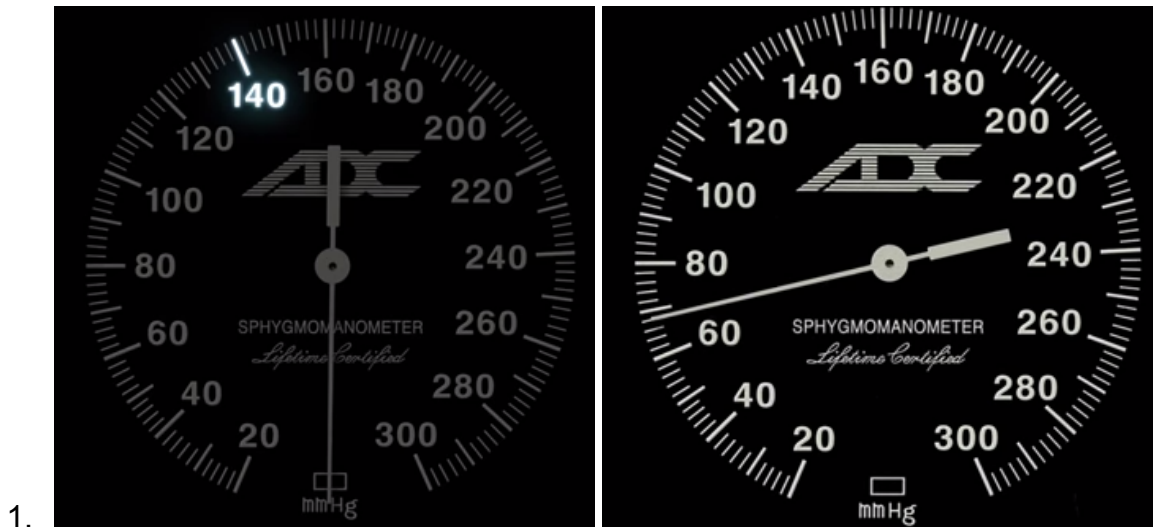
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Activity B

Gauge Images 3 and 4



_____ mmHg

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Gauge Images 5 and 6



2.

_____mmHg

Gauge Images 7 and 8



3.

_____mmHg

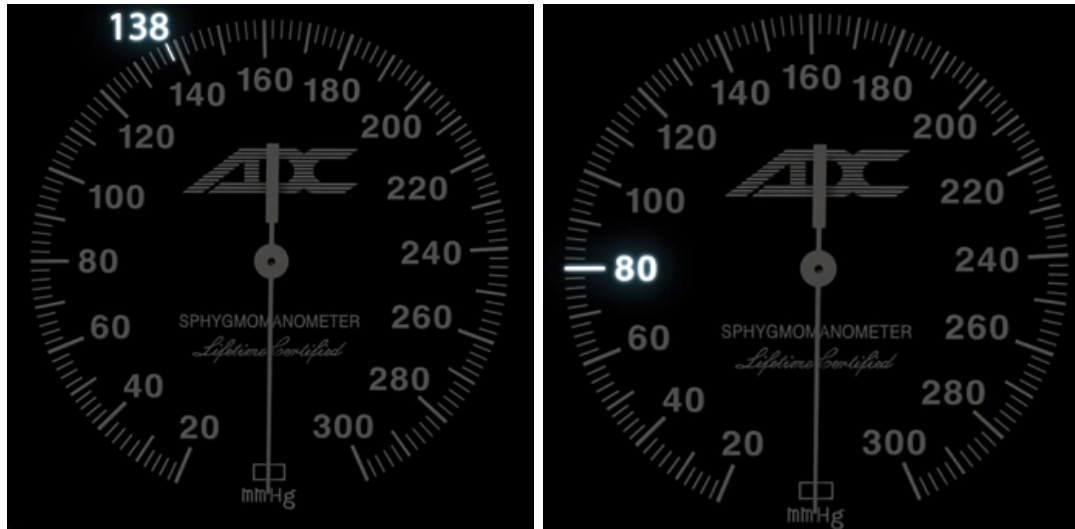
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Gauge Images 9 and 10



4.

_____ mmHg

Gauge Images 11 and 12



5.

_____ mmHg

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Activity B Answer Key

1. 140/68
2. 120/72 or 120/74
3. 116/68
4. 138/80
5. 110/86 or 110/88

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