

Segment Three: 'A Visit to the Doctor... Meet the Back-up Team'

Vocabulary Words:

Listed below are some words that were used in the HCI Video Segment Three: 'A Visit to the Doctor... Meet the Back-up Team'. Draw a line from the word in the left column to the meaning of that word in the right column.

Clinical Experience	A doctor who reads X-rays
Lead Apron	Healthcare training time spent in actual work setting
Radiographer	Works with patients who have injuries and disabilities
Radiologist	Manages patients health records
Physical Therapist	Discovering a patient's illness
Health Information Management Technologist	Worn during an X-ray to protect organs from radiation
Diagnosis	A technician who takes X-rays
Vital Signs	Measurements of the human body, such as temperature, pulse rate, blood pressure and breathing rate



In Video Segment Three, you learned about taking 'vitals.' There are five vital signs. One such vital is the taking of pulse or heart rate. It can tell a lot about the health of the patient. Blood is pushed through the arteries and veins by the heart and creates a pulse. Your pulse can be taken from the radial artery in the wrist. Place the index and middle finger over the wrist as shown in the illustration. Do not use the thumb. Move your fingers around the area of the wrist until you find the best spot to feel the pulse.

Classroom Activity: Break into groups of two. Take turns taking each others pulse rate as instructed below. Be sure to write down the results in the spaces below.

First . . . Resting Pulse Rate:

Relax and take a few deep breaths. Have your partner take your pulse using a watch or clock with a second hand. Count the beats for one full minute. Record that count in the space provided below. Then switch and take your partners Resting Pulse Rate.

Second . . . Active Pulse Rate: Next, have one partner stand and run in place for one full minute. If you are not able to run in place, simply take about ten to twenty quick, deep breaths. When finished running or deep breathing, have your partner immediately take your pulse again and record below. Switch and have the second partner run in place, then take your partners Active Pulse Rate. When done, share the results with the entire class.

The average pulse rate for children 6 to 12 is 75-105 beats per minute. Of course, our heart rate speeds up when we are active and slows down when we are resting or sleeping. There are a lot of factors that can make our pulse go up or down.

Name _____ Date: _____

Relaxed Pulse Rate: _____ beats per minute

Active Pulse Rate: _____ beats per minute

Name _____ Date: _____

Relaxed Pulse Rate: _____ beats per minute

Active Pulse Rate: _____ beats per minute