| **Lesson Guide** |
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| **Date:** | **Topic: Health-blood pressure/pain scale** |
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| **Lesson:** |
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| Blood pressure and Pain Scale |
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| **Materials:** |
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| Automatic blood pressure cuff  Copies of pain scale |
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| **Learning Objectives:** |
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| * Students will be able to identify a blood pressure cuff * Student will be able to read numbers on the blood pressure cuff * Students will be able to identify a pain scale indicating what means lots of pain and what means no pain |
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| **Structure/Activity:** |
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| 1. Show blood pressure cuff and ask if anyone knows what it is/have ever used it before 2. Demonstrate using the device 3. Talk about and write the normal range 4. Have students practice taking each others blood pressure 5. Show students the pain scales (numerical and picture) and discuss them 6. Have each student use the pain scale (either by pointing or verbalizing) about how they are currently feeling, what they would be feeling if they were in terrible pain, and what they would be feeling if they felt great. |
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| **Assessment:** |
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| Blood pressure & pain scale assessment |
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