

Name _____

Date _____



FOUNDATION ASSESSMENT

Foundation Standard 10.1 Vital Signs

1. A nursing assistant notes a patient's blood pressure to be 148/96. Which is the BEST action the assistant can take?
 - A. Tell the patient the blood pressure reading.
 - B. Report the reading to the patient's nurse.
 - C. Wait 15 minutes and repeat the procedure.
 - D. Immediately repeat the procedure in the other arm.
2. You were assigned to take vital signs on an 80-year-old male nursing home resident who was recently admitted after having a stroke. Vital signs were B/P 130/90, T 99 .4⁰ F, P 92, R 32. Which vital sign reflects a measurement within normal limits?
 - A. Blood pressure
 - B. Pulse
 - C. Respirations
 - D. Temperature
3. Of the following, which person is MOST likely to develop hypertension based on risk factors?
 - A. Underweight 12-year-old Indian female student
 - B. Obese 40-year-old African American male smoker
 - C. 30-year-old Asian male distance runner who works as an air traffic controller
 - D. 45-year-old Caucasian mother of triplets who is on a low carbohydrate diet
4. Which patient is the BEST candidate for an oral temperature?
 - A. 1-year-old healthy infant
 - B. 16-year-old receiving his annual physical exam
 - C. 21-year-old patient on seizure precautions
 - D. 62-year-old comatose patient
5. A patient with tachycardia MOST likely has a/an:
 - A. Elevated temperature.
 - B. Elevated blood pressure.
 - C. Fast pulse.
 - D. Increased respiratory rate.

6. The LEAST accurate route for measuring temperature is:
 - A. Aural..
 - B. Axillary.
 - C. Oral.
 - D. Rectal.

7. Which is considered to be an elevated temperature?
 - A. Aural 37.2 C
 - B. Axillary 38.4 C
 - C. Oral 37 C
 - D. Rectal 37.8 C

8. Pulse rates are most commonly measured at which site?
 - A. Apical
 - B. Brachial
 - C. Carotid
 - D. Radial

9. What is the respiratory rate of a patient who is observed to have 16 inspirations and 16 expirations?
 - A. 8
 - B. 16
 - C. 32
 - D. 64

10. In a blood pressure measurement of 132/86, the number 86 is the:
 - A. Bradycardia.
 - B. Tachycardia.
 - C. Diastolic.
 - D. Systolic.

11. Before taking vital signs on a patient, what should you do FIRST?
 - A. Close the privacy curtain.
 - B. Explain the procedure.
 - C. Introduce yourself.
 - D. Place the call bell within reach.

12. In order to avoid errors, whose approved list of abbreviations should you use when documenting vital signs?
 - A. American Medical Association
 - B. Health Science textbook
 - C. Board of Nursing
 - D. Your employer

13. How does the pulse rate and respiratory rate of a healthy toddler compare to that of a healthy 21-year-old?
- A. Higher pulse, equal respirations
 - B. Lower pulse, lower respirations
 - C. Lower pulse, lower respirations
 - D. Higher pulse, higher respirations
14. The terms, weak and thready, are MOST usually associated with which vital sign measurement?
- A. Blood pressure
 - B. Pulse
 - C. Respirations
 - D. Temperature
15. The terms, deep or shallow, are MOST usually associated with which vital sign measurement?
- A. Blood pressure
 - B. Pulse
 - C. Respirations
 - D. Temperature
16. Which thermometer requires it be “shaken down”?
- A. Digital
 - B. Electronic
 - C. Glass
 - D. Tympanic
17. In which procedure is lubricant required?
- A. Aural temperature
 - B. Rectal temperature
 - C. Blood pressure
 - D. Pulse/respirations
18. A febrile patient will exhibit a/an:
- A. Elevated pulse.
 - B. Elevated temperature.
 - C. Normal pulse.
 - D. Normal temperature.

19. When taking a pulse, why should the thumb NOT be used?
- A. The width of the thumb impedes an accurate feel for the pulse.
 - B. The thumb has a pulse and can be confused with the patient's pulse.
 - C. The sensation of the thumb is not as good as it is in the middle two fingers.
 - D. There is more dexterity in the fingers than there is in the thumb.
20. Which statement about the size of a blood pressure cuff is TRUE?
- A. The bladder of the cuff needs to cover about 80% of the circumference of the arm.
 - B. Cuffs should cover about 80% of the length of the upper arm.
 - C. Blood pressure cuffs are indicated by the age of the patient.
 - D. Except for infant cuffs, all adults use the same size cuff.