

ПРОФЕССИОНАЛЬНОЕ КОМПЛЕКСНОЕ ЗАДАНИЕ

I УРОВНЯ

Регионального этапа Всероссийской олимпиады профессионального мастерства обучающихся по специальности среднего профессионального образования 31.02.01.Лечебное дело

Задача 2.1.

Прочитайте и переведите профессиональный текст письменно.

Assessing vital signs

Body temperature, pulse, respiration (TPR), and blood pressure (BP) are basic client assessments. Taken and documented over time, these data demonstrate the course of a client's condition.

The healthcare provider will order more frequent assessments of the client with an unstable condition. The nurse may also use judgment to determine if a client requires more frequent assessment or rechecking of vital signs.

Vital signs must be recorded accurately and promptly to provide continuous and current documentation. A record of a client's vital signs helps providers diagnose and respond to the client's changing condition. It also serves as a quick and handy reference for the entire healthcare team.

The signs of an elevated temperature are easy to recognize: flushed face, hot skin, unusually bright eyes, restlessness, chills, and thirst. A lifeless manner and pale, cold, clammy skin are often signs of a subnormal temperature. Temperature is measured on the Celsius (centigrade – C) or the Fahrenheit (F) scale.

Determining pulse

Every heartbeat produces a wave of blood that causes pulsations through the arteries. This wave or vibration is called the pulse. The pulse can be felt through the nerves in the fingertips if the fingers are placed over one of the large arteries that lies close to the skin. The pulse can be felt most distinctly over the: temporal artery just in front of the ear, mandibular artery on the lower jawbone.

Assessing respiration

Respiration is the process that brings oxygen into the body and removes carbon dioxide. Observing respiration closely is necessary to detect signs of interference with the breathing process.

Задание 2.2. Ответьте на вопросы к тексту.

1. What signs of body functioning are called vital signs?

2. Why are they so important?
3. What signs can indicate health problems?

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