

Blood Pressure Simulator

Curriculum Overview

Designed for:

- High school students
- Post-secondary students in health occupations courses
- Certified Nursing Assistant (CNA) training courses

Length:

The activities in this curriculum will last approximately 1 to 1 ½ hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

Goal:

To help participants learn about measurement of blood pressure and the meaning of the results according to the American Heart Association.

Synopsis:

This curriculum helps participants learn about measurement of blood pressure and the meaning of the results according to the American Heart Association. The lesson begins with activities that students may complete before the content is presented. Educators have a choice to review anatomy (review of arterial anatomy) and/or an empathy activity focusing on patient-centered care) to teach important nursing soft skills. The lesson uses a slide presentation and integrates the blood pressure trainer to learn the proper procedure for taking blood pressure and documentation surrounding it. A brief quiz is included for assessment.

Curriculum Components:

- Teacher's guide - Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Student materials
- Assessment tools
- PowerPoint presentation slides

Learning Objectives:

- Define key terms associated with equipment and blood pressure
- Demonstrate how to explain the procedure to a patient
- Explain how to measure cuff size
- Perform the steps in accurately measuring a patient's blood pressure using the technique of auscultation
- Outline the differences between hypertension, hypotension, and normal values according to the American Heart Association
- Explain how to document blood pressure