

Chapter 32: Vital Signs

Student Worksheet · 89 Questions

Name: _____	Date: _____	Score: _____ / 89
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Section 1: For each T/F statement, circle True or False. Section 2: For each multiple choice question, circle the letter of the best answer.

Section 1 | True / False (22 points)

Directions: Circle True or False for each statement.

#	STATEMENT	TRUE	FALSE	HINT
1	Vital signs include temperature, pulse, respiration, and height.	True	False	<i>p. 735</i>
2	Temperature is an anthropometric measurement.	True	False	<i>p. 735</i>
3	Patients with fluid retention often require frequent weight monitoring.	True	False	<i>p. 736</i>
4	Patients' height and weight are measured with their shoes on.	True	False	<i>p. 736</i>
5	A patient who weighs 64 kilograms weighs about 141 pounds.	True	False	<i>p. 738</i>
6	Body heat is a byproduct of metabolism.	True	False	<i>p. 739</i>
7	When an individual breathes, heat is released from the body through the evaporation process.	True	False	<i>p. 739</i>
8	Slight changes in body temperature are normal, but greater changes may be the first sign of illness.	True	False	<i>p. 739</i>
9	To convert Fahrenheit (F) to Celsius (C), add 32 and then multiply by 9/5.	True	False	<i>p. 740</i>
10	A normal oral temperature is 37.0 degrees Celsius.	True	False	<i>p. 740</i>
11	The axillary method for taking a temperature is the most commonly used.	True	False	<i>p. 742</i>
12	The axillary method of taking temperature is the least accurate.	True	False	<i>p. 744</i>
13	Electronic thermometers are accurate, sanitary, and fast, some are battery-powered, and some have digital windows for easy viewing and reading.	True	False	<i>p. 743</i>

14	The American Hospital Association eliminated mercury thermometers from the health environment because of the danger of breakage and exposure to mercury, a toxic substance.	True	False	<i>p. 743</i>
15	The aural method of temperature measurement calculates body temperature from data based on heatwaves in the ear canal.	True	False	<i>p. 742</i>
16	The rectal method of measuring body temperature is NOT recommended for an active child.	True	False	<i>p. 741</i>
17	A chemical disposable thermometer changes color to indicate body temperature.	True	False	<i>p. 746</i>
18	Axillary temperature is generally about two degrees higher than an oral temperature.	True	False	<i>p. 742</i>
19	Caffeine and nicotine can increase the heart rate in some people.	True	False	<i>p. 751</i>
20	As a person's age increases, his or her pulse rate decreases.	True	False	<i>p. 751</i>
21	Thyroid disease decreases the pulse rate.	True	False	<i>p. 751</i>
22	Pulse rate is a measurement of the number of times the heart beats per minute.	True	False	<i>p. 749</i>

Section 2 | Multiple Choice (67 points)

Directions: Circle the letter of the best answer.



Overview

23. Which is NOT considered one of the vital signs?

- A. Temperature
- B. Pulse
- C. Respiration
- D. Body mass index

24. When converting pounds to kilograms, _____.

- A. multiply the number of pounds by 2.2
- B. divide the number of pounds by 0.45
- C. divide the number of pounds by 2.2
- D. multiply the number of pounds by 0.45

78. At which of the following time intervals should a height measurement be obtained for an adult patient?

- A. Semiannually
- B. Biennially
- C. Annually
- D. Quarterly

82. Which of the following steps should a medical assistant take in preparation for obtaining a weight measurement from a patient?

- A. Put on gloves.
- B. Disinfect the scale with cavicide.
- C. Have the patient remove clothes before measurement.
- D. Ensure the scale is balanced.

87. A medical assistant is obtaining the weight of a patient who struggles to maintain their balance. Which of the following actions should the medical assistant take if the scale does not have handrails?

- A. Record the patient's previously documented weight measurement.
- B. Send the patient to an office that can accommodate them.
- C. Place a walker over the scale to support the patient.
- D. Skip the weight measurement and document.

Temperature

25. All of the following are considered a clinical sign of hypothermia, EXCEPT _____.

- A. increased pulse
- B. decreased respirations
- C. pale, waxy, cool skin
- D. lack of muscle coordination

26. Which is the most accurate and reliable means of taking body temperature?

- A. Oral
- B. Aural or tympanic
- C. Axillary
- D. Rectal

27. Heat can be lost from the body by all of these processes, EXCEPT _____.

- A. radiation
- B. convection
- C. pyrexia
- D. conduction

28. The _____ can adjust the body temperature by either increasing or decreasing heat production during the day.

- A. hypothalamus
- B. eupnea
- C. frenulum linguae
- D. tympanic membrane

29. The average body temperature of a healthy person is 98.6°F (37°C) and may increase or decrease by _____ degree(s) Fahrenheit throughout the day.

- A. 0.5 to 1
- B. 1 to 1.5
- C. 1 to 2
- D. 1 to 2.5

30. All of the following, EXCEPT _____, may cause an increase in body temperature.

- A. eating
- B. anger
- C. fasting
- D. ovulating

- 31.** Hypothermia is defined as a body temperature below 95 degrees Fahrenheit, or _____ degrees Celsius.
- A. 35
 - B. 36
 - C. 37
 - D. 38
- 32.** To provide each patient with a new and sanitary thermometer, the electronic thermometer is _____.
- A. fitted with a disposable probe cover
 - B. disinfected after each use
 - C. fitted with a disposable probe
 - D. discarded after use
- 33.** The axillary method of taking temperature is advisable for _____.
- A. small children
 - B. patients with underarm rash
 - C. patients perspiring excessively
 - D. patients who cannot form an airtight seal
- 34.** A rectal thermometer is advisable for taking the temperature of _____.
- A. fragile newborns
 - B. active children
 - C. unconscious patients
 - D. patients suffering from diarrhea
- 35.** A tympanic thermometer is advisable for taking the temperature of _____.
- A. patients with earaches
 - B. small children
 - C. patients with in-the-ear hearing aids
 - D. patients with impacted cerumen
- 36.** An individual with severe hyperthermia may have which of these symptoms?
- A. Decreased respirations
 - B. Inability to sweat
 - C. Decreased pulse
 - D. Pale, waxy skin
- 37.** Clinical signs of fever include all of the following, EXCEPT _____.
- A. decreased heart rate
 - B. increased respiratory rate
 - C. shivering
 - D. chills and sweating
- 38.** If the Celsius temperature is 38.5 degrees, what is the equivalent Fahrenheit temperature?
- A. 100.4
 - B. 101.3
 - C. 101.5
 - D. 102.5
- 39.** Which is NOT true of a child's body temperature?
- A. A child has a normally higher body temperature than an adult.
 - B. Crying can cause a decrease in body temperature.
 - C. A child has immature heat regulation.
 - D. A child tends to spike a fever late in the day.

- 80.** Which of the following areas of the body should a medical assistant use to obtain a patient's temperature using a temporal artery thermometer?
- A. Rectum
 - B. Forehead
 - C. Armpit
 - D. Tympanic membrane
- 81.** Which of the following sites should a medical assistant use to obtain the temperature of a 2-month-old infant?
- A. Popliteal
 - B. Apical
 - C. Temporal
 - D. Sublingual
- 83.** A medical assistant obtains a tympanic temperature of 99.6° F. Which of the following temperature readings is this in Celsius?
- A. 38.6° C
 - B. 39.6° C
 - C. 37.6° C
 - D. 35.6° C

 **Pulse**

- 40.** The average pulse rate of an older adult is _____.
- A. 50 to 65 bpm
 - B. 60 to 80 bpm
 - C. 80 to 100 bpm
 - D. 120 to 160 bpm
- 41.** A resting pulse rate above 100 BPM is known as _____.
- A. tachycardia
 - B. bradycardia
 - C. tachypnea
 - D. bradypnea
- 42.** There are _____ areas in the body where the pulse can be easily measured.
- A. three
 - B. five
 - C. seven
 - D. nine
- 43.** The popliteal pulse site is located _____.
- A. at the side of the head just above the ear
 - B. at the inner aspect of the elbow
 - C. on the medial surface of the ankle near the ankle bone
 - D. behind the knee
- 44.** Which factor influences the pulse rate to be lower?
- A. Being female
 - B. Being in good physical condition
 - C. Having a smaller body
 - D. Having a fever
- 45.** The characteristic that refers to the strength of the pulse when the heart contracts is _____.
- A. rhythm
 - B. rate
 - C. volume
 - D. condition

- 46.** The characteristic that refers to the regularity of the beats of the pulse is _____.
- A. rate
 - B. rhythm
 - C. volume
 - D. force
- 47.** The _____ pulse rate is a very accurate heart rate that is most often used as the pulse measurement for infants and young children.
- A. temporal
 - B. radial
 - C. apical
 - D. carotid
- 48.** The average number of heart beats per minute for an adult is _____.
- A. 40 to 60
 - B. 50 to 70
 - C. 60 to 80
 - D. 70 to 90
- 49.** The radial pulse site is located _____.
- A. at the side of the neck between the larynx and the sternocleidomastoid muscle
 - B. in the groin where the femoral artery passes to the leg
 - C. at the thumb side of the wrist about one inch below the base of the thumb
 - D. on top of the foot slightly lateral to the midline
- 50.** The pulse site that helps assess adequate blood circulation to the foot is the _____ site.
- A. carotid
 - B. temporal
 - C. brachial
 - D. dorsalis pedis
- 51.** The apical pulse site is located _____.
- A. on the thumb side of the wrist about one inch below the base of the thumb
 - B. at the left of the sternum, 4th or 5th intercostal space below the nipple
 - C. behind the knee
 - D. at the inner aspect of the elbow
- 77.** A medical assistant obtains a pulse rate of 105/min from a patient who is a marathon runner. Which of the following should the assistant document in the patient's health record?
- A. Bradypnea
 - B. Tachycardia
 - C. Bradycardia
 - D. Tachypnea
- 79.** Which of the following actions should a medical assistant take to measure a patient's radial pulse?
- A. Instruct the patient to make a fist while taking their pulse rate.
 - B. Count the respirations for 5 seconds and multiply by 10.
 - C. Place the patient in the prone position.
 - D. Evaluate the rhythm and volume of each beat.

**Respiration**

- 52.** All of the following respiratory rates would be considered a serious problem for an adult, EXCEPT _____.
- A. 10
B. 15
C. 25
D. 30
- 53.** Cyanosis is a condition in which a patient is unable to take in enough oxygen during inhalation, and the skin around the mouth and the nail beds may appear _____ in color.
- A. bluish
B. reddish
C. pale
D. yellowish
- 54.** _____ refers to deep rapid respiration.
- A. Apnea
B. Hypoventilation
C. Eupnea
D. Hyperventilation
- 55.** _____ is a term for noisy breathing sounds, similar to those heard in snoring.
- A. Stridor
B. Stertor
C. Rhonchi
D. Cheyne-Stokes
- 56.** A respiratory rate below 12 in an adult is called _____.
- A. apnea
B. tachypnea
C. eupnea
D. bradypnea
- 57.** Respiratory rate relates to age in that it _____.
- A. decreases from infancy to adulthood
B. increases with age
C. decreases from infancy through childhood and then increases
D. remains the same throughout the lifespan

**Blood Pressure**

- 58.** Which is NOT a cause of lowered blood pressure?
- A. Middle pregnancy
B. Diuretics
C. Smoking
D. Anemia
- 59.** Which is NOT one of the physiological factors affecting blood pressure?
- A. Korotkoff sounds
B. Volume or amount of blood in the arteries
C. Peripheral resistance of the vessels
D. Condition of the heart muscle

69. Secondary hypertension (HTN) may result from any of the following, EXCEPT _____.

- A. kidney disease
- B. poor diet
- C. pregnancy
- D. endocrine disorders

70. _____ is a procedural error that may cause an error in a blood pressure reading.

- A. Air leaks in the bladder
- B. Sphygmomanometer not properly calibrated
- C. Failure to locate the brachial pulse
- D. Worn Velcro on the cuff that does not hold

71. Which is a patient-related error that may cause an error in a blood pressure reading?

- A. Deflation occurs too rapidly to accurately determine the sounds.
- B. Part of the stethoscope tubing touches the blood pressure cuff while the reading is taken.
- C. Patient's arm is covered so the reading is taken through clothing.
- D. Patient's arm is too large for accurate reading with available equipment.

72. All of the following are causes of errors in blood pressure reading, EXCEPT _____.

- A. a cuff that is too large
- B. a cuff that is too loose
- C. the patient's arm is being covered
- D. the valve on the bulb being completely closed before the air is pumped into the cuff

73. All of the following may cause errors in blood pressure readings, EXCEPT _____.

- A. the cuff is the wrong size for the patient
- B. the patient's arm is at the same level as the heart
- C. deflation occurs too rapidly to accurately determine the sounds
- D. there isn't a wait of 1 to 2 minutes before taking a second reading

74. A type of hypotension involving a temporary fall in blood pressure that occurs when a patient moves rapidly from a lying to a standing position is known as _____.

- A. orthostatic
- B. benign
- C. malignant
- D. essential

84. Which of the following arteries is primarily used to obtain manual blood pressure?

- A. Radial
- B. Femoral
- C. Popliteal
- D. Brachial

85. A medical assistant should obtain a blood pressure measurement from a patient who has had a bilateral mastectomy using the patient's thigh to prevent which of the following complications?

- A. Lymphedema
- B. Syncope
- C. Thrombosis
- D. Myocardial infarction

86. A medical assistant should consider which of the following information when selecting the appropriate cuff size for a patient's blood pressure reading?

- A. Extremity circumference
- B. Age
- C. Body position
- D. Height

89. A medical assistant misses the systolic reading when obtaining a patient's blood pressure. Which of the following actions should the assistant take?

- A. Repeat measurement of systolic only.
- B. Do not repeat the measurement.
- C. Wait 1 to 2 min and measure again.
- D. Wait 5 to 30 seconds and measure again.



Pulse Oximetry

75. A pulse oximeter is used to determine _____.

- A. blood pressure
- B. temperature
- C. oxygen saturation
- D. heart rate

76. A pulse oximeter can measure blood oxygenation even before clinical signs of _____ are present in body tissue.

- A. hyperpyrexia
- B. hypoxia
- C. hyperventilation
- D. hypotension

88. Which of the following may affect the measurement of oxygen saturation?

- A. Poor exercise habits
- B. Drinking a hot beverage
- C. Fingernail polish
- D. Dirty hands