



HEALTHCARE SCIENCE

COURSE: 25.561 Nursing Essentials

UNIT: 21.1 Height and Weight



INTRODUCTION

Annotation:

In this unit students will identify the instruments and or equipment used to obtain height and weight. The students will also demonstrate the correct technique to obtain height and weight.

Grade(s):

<input type="checkbox"/>	9 th
<input type="checkbox"/>	10 th
<input checked="" type="checkbox"/>	11 th
<input checked="" type="checkbox"/>	12 th

Time:

One 50 minute period

Author:

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Additional Author(s):

Students with Disabilities:

For students with disabilities, the instructor should refer to the student's IEP to be sure that the accommodations specified are being provided. Instructors should also familiarize themselves with the provisions of Behavior Intervention Plans that may be part of a student's IEP. Frequent consultation with a student's special education instructor will be beneficial in providing appropriate differentiation.



FOCUS STANDARDS

GPS Focus Standards:

HS-NE-12:

The student will perform basic nursing assistant skills within the scope of practice for a nursing assistant while maintaining resident rights. Beginning and ending procedures actions will be performed with all resident care:

- b.** Measure height and weight accurately

GPS Academic Standards:

CTAE-FS-2: Academic Foundations: Learners achieve state academic standards at or above grade level.

National / Local Standards / Industry / ISTE:



UNDERSTANDINGS & GOALS

Enduring Understandings:

- Students will understand the importance of performing, recording and reporting height and weight accurately.
- Student will demonstrate the correct technique to obtain height and weight.

Essential Questions:

- Why is weight important to a resident in a long term care facility?
- What devices are utilized in a long term care facility to obtain a weight?

Knowledge from this Unit:

Skills from this Unit:

- Recall a sudden increase in weight could indicate a problem with the circulatory system
- Identify the instruments and or equipment used to obtain height and weight.
- Demonstrate the correct technique to obtain height and weight



ASSESSMENT(S)

Assessment Method Type:

- ☐ Pre-test
- ☐ Objective assessment - multiple-choice, true- false, etc.
 - ☐ Quizzes/Tests
 - ☐ Unit test
- ☐ Group project
- ☐ Individual project
- ☐ Self-assessment - May include practice quizzes, games, simulations, checklists, etc.
 - ☐ Self-check rubrics
 - ☐ Self-check during writing/planning process
 - ☐ Journal reflections on concepts, personal experiences and impact on one's life
 - ☐ Reflect on evaluations of work from teachers, business partners, and competition judges
 - ☐ Academic prompts
 - ☐ Practice quizzes/tests
- ☒ Subjective assessment/Informal observations
 - ☐ Essay tests
 - ☐ Observe students working with partners
 - ☐ Observe students role playing
- ☐ Peer-assessment
 - ☐ Peer editing & commentary of products/projects/presentations using rubrics
 - ☐ Peer editing and/or critiquing
- ☐ Dialogue and Discussion
 - ☐ Student/teacher conferences
 - ☐ Partner and small group discussions
 - ☐ Whole group discussions
 - ☐ Interaction with/feedback from community members/speakers and business partners
- ☐ Constructed Responses
 - ☐ Chart good reading/writing/listening/speaking habits
 - ☐ Application of skills to real-life situations/scenarios
- ☐ Post-test

Assessment(s) Title:

Obtaining Height and Weight (At the bottom of this unit)

Assessment(s) Description/Directions:

Attachments for Assessment(s):



LEARNING EXPERIENCES

Sequence of Instruction

1. Identify the Standards. Standards should be posted in the classroom for each lesson.

HS-NE-12: The student will perform basic nursing assistant skills within the scope of practice for a nursing assistant while maintaining resident rights. Beginning and ending procedures actions will be performed with all resident care:

b. Measure height and weight accurately

2. Review Essential Questions.

- Why is weight important to a resident in a long term care facility?
- What devices are utilized in a long term care facility to obtain a weight?

3. Identify and review the unit vocabulary.

4. Assessment Activity.

- Lecture/review and discuss height and weight, at this time inform the students of the facilities equipment. Stress to the students not to perform procedures until completed practice and check-off in the classroom. When at clinical, must have instructor when performing.
- Review video if available
- Demonstrate height and weight – explain the check-off procedure
- Have students practice
- Perform final check-off

Attachments for Learning Experiences:

Notes & Reflections:

Most classrooms only have a standard upright scale for height and weight, therefore the lesson plan is directed toward that piece of equipment. Because this is the nursing essential unit plan, the teacher should demonstrate use of the equipment that is used in the facility where the clinical takes place. If possible, have pictures of equipment before going to facility and have students recall correct term for the facility's equipment.



CULMINATING PERFORMANCE TASK (Optional)

Culminating Unit Performance Task Title:

Height and Weight

Culminating Unit Performance Task Description/Directions/Differentiated

Attachments for Culminating Performance Task

At the bottom of this unit



UNIT RESOURCES

Web Resources:

<http://deptets.fvtc.edu/nursing/> on line video lesson number 50

Attachment(s):

Materials & Equipment:

- Tape Measure to practice reading a ruler
- Outline
- Height and Weight Check-off Sheet
- Classroom book
- Height and Weight Quiz
- Upright Scale with Height Bar
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What 21st Century Technology was used in this unit:

<input checked="" type="checkbox"/>	Slide Show Software
<input type="checkbox"/>	Interactive Whiteboard
<input type="checkbox"/>	Student Response System
<input type="checkbox"/>	Web Design Software
<input type="checkbox"/>	Animation Software
<input type="checkbox"/>	Email

<input type="checkbox"/>	Graphing Software
<input type="checkbox"/>	Calculator
<input type="checkbox"/>	Desktop Publishing
<input type="checkbox"/>	Blog
<input type="checkbox"/>	Wiki
<input checked="" type="checkbox"/>	Website

<input type="checkbox"/>	Audio File(s)
<input type="checkbox"/>	Graphic Organizer
<input type="checkbox"/>	Image File(s)
<input type="checkbox"/>	Video
<input type="checkbox"/>	Electronic Game or Puzzle Maker