



## **Home Health Aide On-the-Go In-Service Lessons: Vol. 6, Issue 2: Vital Signs (Home Health Aide on- the-Go in-Service Lessons, Volume 6)**

*HCPro, Inc., Beacon Health*

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This lesson on Vital Signs includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there's no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year.

**LESSON OBJECTIVES** Upon completion of this program, the home health aide will be able to: Name the four vital signs Describe how to take and record vital signs accurately Know when to report changes in vital signs **OVERVIEW** Vital signs are some of the most important indicators of a patient's health. They are taken often on all patients, but shouldn't be considered routine. Vital signs can be an early indicator of serious disease issues. For instance, a temperature increase can indicate infection, and changes in respiration can indicate cardiopulmonary disease. It is important, therefore, that home health aides understand how to obtain and record vital signs accurately. This in-service looks at the four vital signs: temperature, heart rate, respiration, and blood pressure. It gives instructions on how home health aides can obtain these measurements to ensure the proper observation of their patients. It also reviews pain, the "fifth vital sign."

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