

Nursing Skills: Counting & Recording Respirations

Lesson Overview

Media: Video (6 min.)

Seat Time: 2 Classes | 100 minutes teaching

Goal:

To prepare students for the demonstration portion of the Certified Nursing Assistant (CNA) exam.

Description:

A certified nursing assistant, or CNA, works under the supervision of a Registered Nurse, or RN, to meet the health care needs of patients. This presentation examines factors which impact respiration rate and the importance of accurately recording the respiration rate. Also, the proper procedure for counting and recording respiration rate is shown.

Objectives:

1. To examine the need for counting and recording the respiration rate.
2. To demonstrate the proper procedure for counting and recording respirations.

Lesson Plan

Class 1

Class Overview:

- *Introduction* Video Segment
- *Demonstration* Video Segment
- Action Plan
- Steps: Counting & Recording Respirations Student Handout
- Indirect Care Techniques Student Handout
- Skill Demonstration Project

Essential Questions:

1. Why is examining the respiration rate of an individual important?
2. What is the proper procedure for counting and recording respirations?

Bell Ringer:



- Ask students the essential question “why is examining the respiration rate of an individual important” and discuss potential answers to the question and write them down for future use.

Step 2: Distribute or have students access the **Action Plan**.



- The Action Plan lays out a list of tasks for students to complete during the lesson.

Step 3: Show the **Introduction** video segment.



- This video is three minutes long.
- After showing this segment, have students reevaluate the answers to the essential question of “why is examining the respiration rate of an individual important”.

Step 4: Have students access the **Steps: Counting & Recording Respirations Student Handout**.



- This handout explains the steps which are necessary to successfully complete the skill during the CNA examination.
- Students should utilize this handout while watching the video to see how and when each step should occur in the process of completing the skill.

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Lesson Plan

Class 1 (continued)

Step 5: Have students review the **Indirect Care Techniques Student Handout**.



- This handout explains the importance of indirect care techniques in health care professions.
- Students should utilize this handout while watching the video and preparing for the CNA exam.

Step 6: Show the **Demonstration** video segment.



- This video is three minutes long.
- After viewing this segment, have students answer the essential question “what is the proper procedure for counting and recording respirations”.

Step 7: Have students begin the **Skill Demonstration Project**.



- In this project, students will practice demonstrating the skill. Supplies will be needed to complete the demonstration and are listed in the description and on the project sheet. Once students feel able, they will demonstrate the skill to a peer for a peer evaluation. In this class, students should practice the skill alone to prepare for peer evaluation.

Exit Ticket



- On a sheet of paper, have students write down one factor which can cause an increased respiration rate and one factor which can cause a lowered respiration rate. Student should hand in their answers as they leave the class.

Class 2

Class Overview:

- Steps: Counting & Recording Respirations Student Handout
- Check for Understanding
- Skill Demonstration Project (see description for Supplies List)

Essential Questions:

1. Why is examining the respiration rate of an individual important?
2. What is the proper procedure for counting and recording respirations?

Bell Ringer:



- Have students review the concepts covered in the lesson by reviewing the answers to the essential questions as well as the **Steps: Counting & Recording Respirations Student Handout**.

Step 2: Administer the **Check for Understanding**.



- The Check for Understanding is a short, 5-question review of the content presented in the lesson. Remember the Check for Understanding can be completed interactively by students, if student licenses have been implemented.

Step 3: Have students finish the **Skill Demonstration Project**.



- Students should partner with a peer and demonstrate the skill.
- Each student will fill out a Peer Evaluation form while evaluating their partner demonstrate the skill.

Exit Ticket



- Students should turn in the Peer Evaluation Form located on the **Skill Demonstration Project** prior to leaving the class.

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Project

Skill Demonstration

Students will demonstrate, to a peer, the proper technique to successfully count and record respirations based upon the steps required to complete the skill. Before demonstrating to a peer, students should practice the skill. Supplies are required to complete the skill, see list below.

Supplies List:

- Watch or clock
- Pen
- Documentation sheet

Accommodations: The student should practice all steps independently and then do a practice run with his or her peer evaluator. The evaluator can give tips/suggestions before being given the opportunity to complete the process once more for his or her peer.

Extensions: After practicing and being evaluated, the student could attempt to complete all steps without the use of the instruction sheet. It should be noted, the student will not have access to the steps while completing the CNA examination.

Career & Technical Student Organizations

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