

# Unit 4223-331 Undertake physiological measurements

**Level:** 3  
**Credit value:** 3  
**UAN number:** R/601/8662

## Unit aim

This unit is aimed at health & social care staff involved in the taking and recording of physiological measurements as part of the individual's care plan.

## Learning outcomes

There are **five** learning outcomes to this unit. The learner will:

- 1 Understand relevant legislation, policy and good practice for undertaking physiological measurements
- 2 Understand the physiological states that can be measured
- 3 Prepare to take physiological measurements
- 4 Undertake physiological measurements
- 5 Record and report results of physiological measurement

## Guided learning hours

It is recommended that **23** hours should be allocated for this unit, although patterns of delivery are likely to vary.

## Details of the relationship between the unit and relevant national standards

This unit is linked to CHS19.

## Assessment

This unit will be assessed by:

- an assignment covering practical skills and underpinning knowledge.

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## Assessment criteria

### Outcome 1 Understand relevant legislation, policy and good practice for undertaking physiological measurements

The learner can:

- 1 describe current legislation, national guidelines, organisational policies and protocols affecting work practice.

### Outcome 2 Understand the physiological states that can be measured

The learner can:

- 1 explain the principles of blood pressure to include:
  - a) blood pressure maintenance
  - b) differentiation between systolic and diastolic blood pressure
  - c) normal limits of blood pressure
  - d) conditions of high or low blood pressure
- 2 explain the principles of body temperature to include:
  - a) body temperature maintenance
  - b) normal body temperature
  - c) pyrexia, hyper-pyrexia and hypothermia
- 3 explain the principles of respiratory rates to include:
  - a) normal respiratory rates
  - b) factors affecting respiratory rates in ill and well individuals
- 4 explain the principles of pulse rates to include:
  - a) normal pulse rates limits
  - b) factors affecting pulse rates – raising or lowering
  - c) pulse sites on the body
  - d) the requirement for pulse oximetry measurements
  - e) analysis and implication of pulse oximetry findings
- 5 explain the principles of body mass index (BMI) in relation to weight/dietary control
- 6 explain the major factors that influence changes in physiological measurements
- 7 explain the importance of undertaking physiological measurements.

### Outcome 3 Prepare to take physiological measurements

The learner can:

- 1 explain to the individual what measurements will be undertaken and why these are done
- 2 reassure the individual during physiological measurements process
- 3 answer questions and deal with concerns during physiological measurements process
- 4 explain the help individuals may need before taking their physiological measurements
- 5 explain why it may be necessary to adjust an individual's clothing before undertaking physiological measurements
- 6 ensure all materials and equipment to be used are appropriately prepared
- 7 confirm the individual's identity and obtain **valid consent**.

## **Outcome 4 Undertake Physiological Measurements**

The learner can:

- 1 apply standard precautions for infection prevention and control
- 2 apply health and safety measures relevant to the procedure and environment
- 3 select and use appropriate equipment at the prescribed time and in the prescribed sequence to obtain an accurate measurement
- 4 monitor the condition of the individual throughout the measurement
- 5 respond to any significant changes in the individual's condition
- 6 follow the agreed process when unable to obtain or read a physiological measurement
- 7 identify any issues outside own responsibility and refer these to other colleagues.

## **Outcome 5 Record and report results of physiological measurement**

The learner can:

- 1 explain the necessity for recording physiological measurements
- 2 explain a few common conditions which require recording of physiological measurements
- 3 demonstrate the correct process for reporting measurements that fall outside the normal levels
- 4 record physiological measurements taken accurately using the correct documentation

## **Additional guidance**

**Valid consent** must be in line with agreed UK country definition.