

# Summer Project

Health and Social Care Extended Diploma Level 2 T

## Common Care Disorders Physiological Measurements



Research now on your phones...

What is a physiological measurement?

Write down what you found.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

What are the different types of physiological measurements that we can take? Please name 4.

1.....  
2.....  
3.....  
4.....

Label the pictures below...



Can you choose one 2 of the following physiological measurements and explain below, the process of taking those measurements. (If you had a patient in front of you now, how would you take that physiological measurement?)

How do we take temperature?

.....

.....

.....

.....

.....

.....

.....

.....

.....

How do we take a pulse?

.....

.....

.....

.....

.....

.....

.....

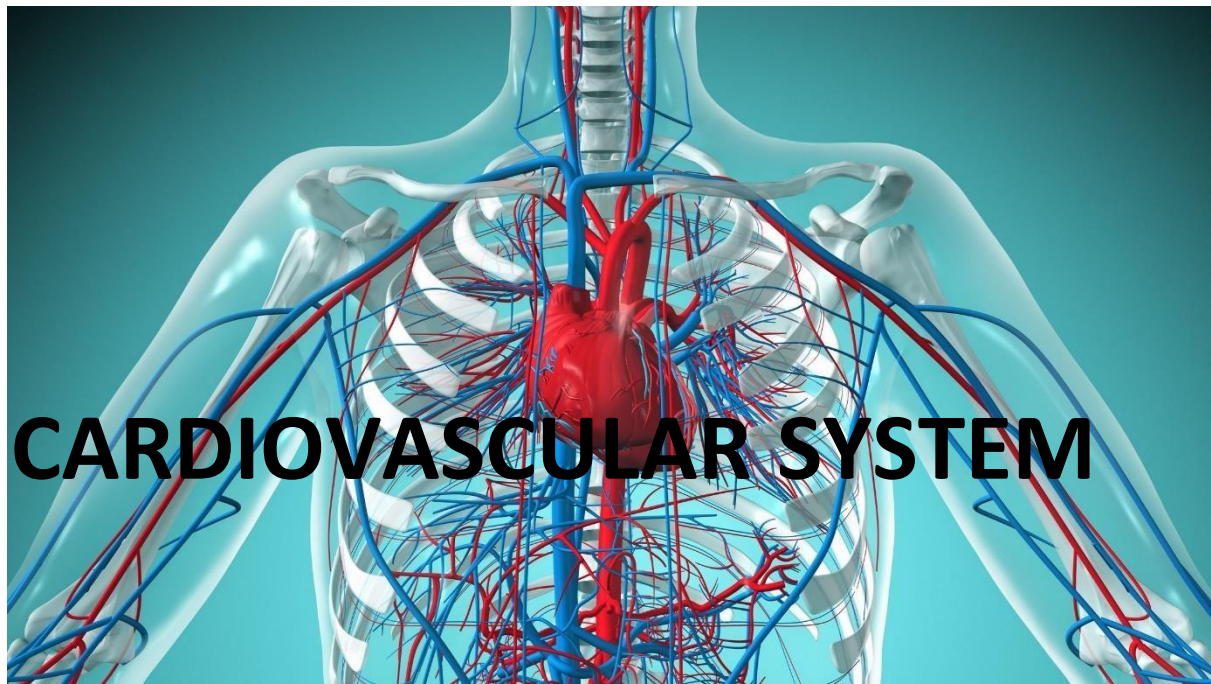
.....

.....





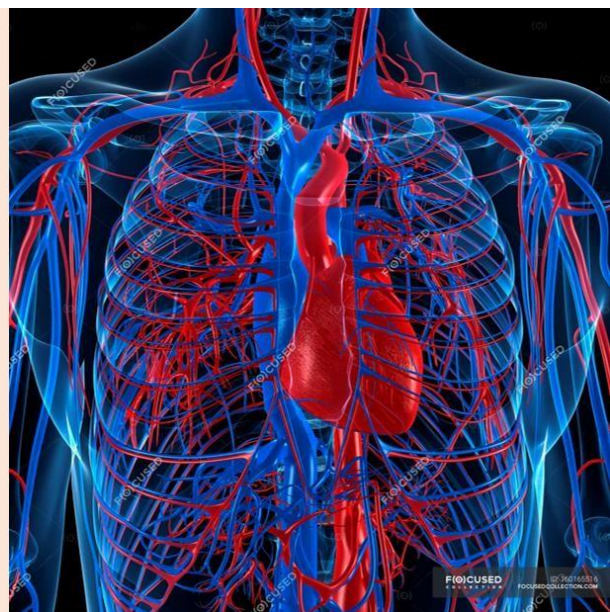
Let's look at one of the body systems.



## The function of the cardiovascular system

The function of the cardiovascular system is to continuously send blood around the body to the working muscles and tissues around the body.

The cardiovascular system involves transporting oxygen around the body and removing waste products.



# The Heart

The heart is made up of 4 chambers. These are the 4 main chambers of the heart where the blood flows through.

The top 2 chambers are known as the Atriums. The best way to remind this is

**A = Above.**

The bottom 2 chambers of the heart are known as the ventricles. These are Very large and are the main pumps of the heart.

**V = Very large.**

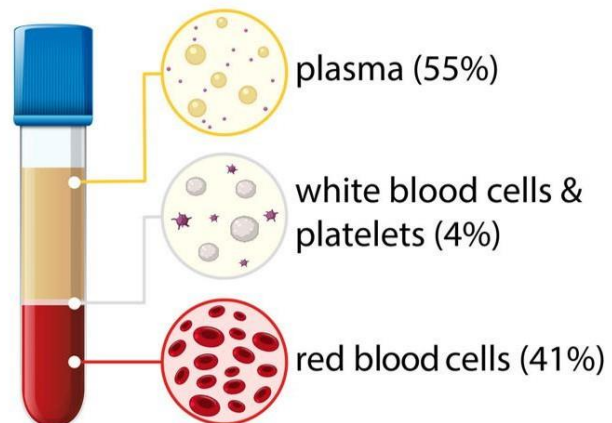


## Blood Components

- There are 4 different components that make up our blood. What are the 4 different components of blood?

- **Red Blood Cells**
- **White Blood Cells**
- **Plasma**
- **Platelets**

## Composition of Blood



## Blood Vessels

The blood vessels are so vital within our body as these are responsible for carrying the blood around our body.

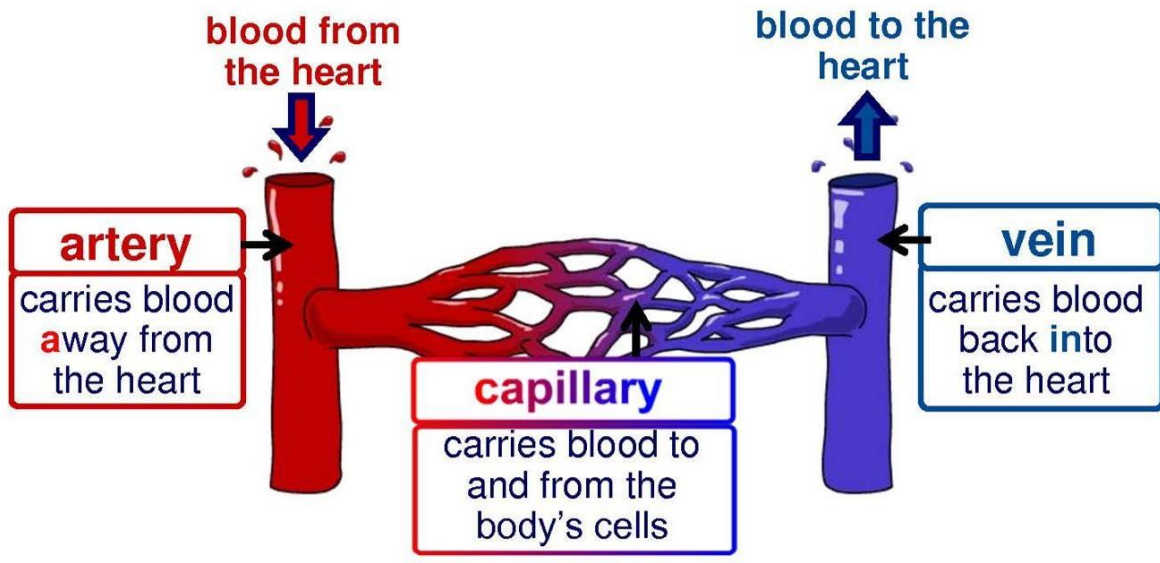
How many different types of blood vessels do we have within the body?

The 3 main blood vessels that are in are body are the Arteries, Veins and Capillaries.





There are **three types of blood vessels**, as shown in this magnified part of the circulatory system.



## Structure of blood vessels

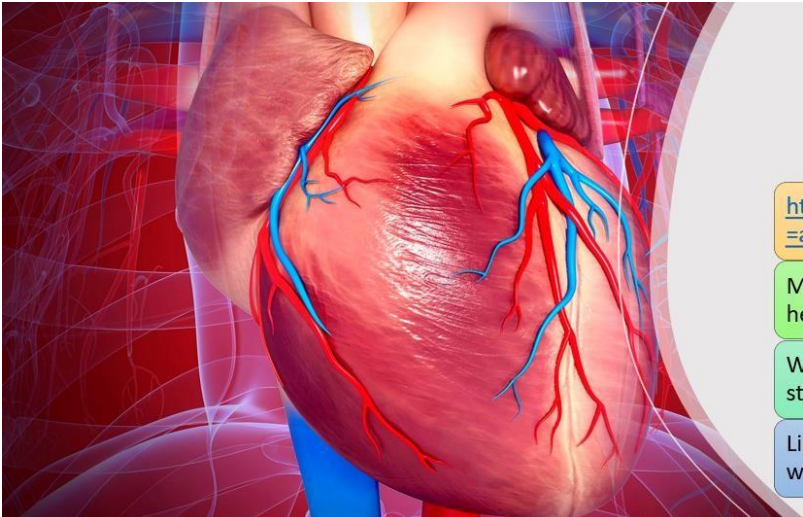
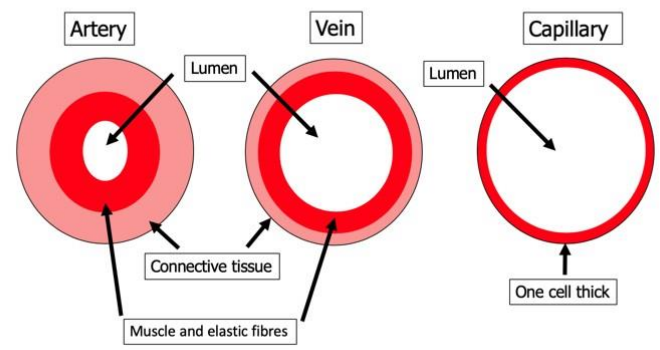
### Blood vessels structure

What can you notice are the difference between the blood vessel images you can see?

Arteries are thick connective tissues and have a narrow lumen which keeps the pressure high.

Veins have a large lumen and less muscle fibers. The veins also have valves to prevent backflow of blood.

Capillaries are 1 cell thick to ensure that oxygen can get into the muscles quicker.



How does the heart pump blood?

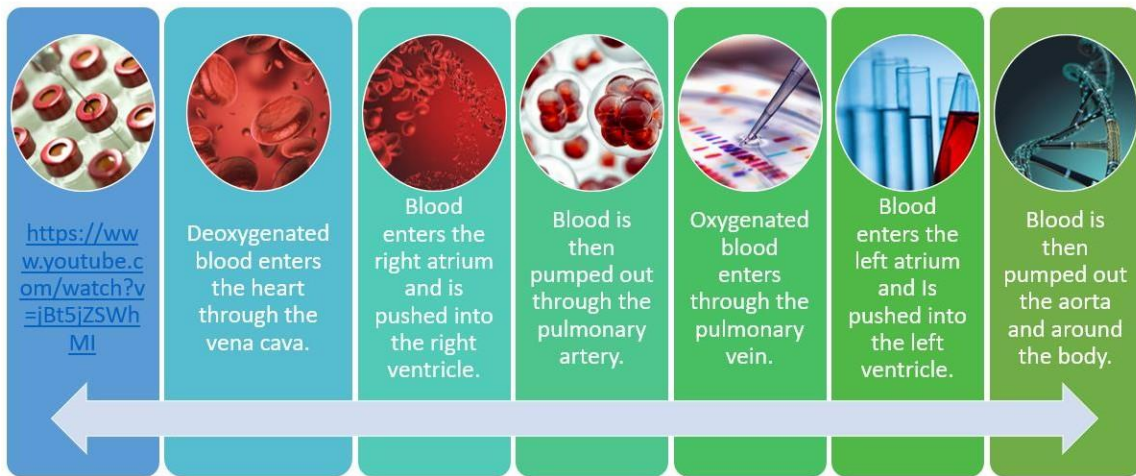
[https://www.youtube.com/watch?v=aDXABSb0\\_p8](https://www.youtube.com/watch?v=aDXABSb0_p8)

Make some key notes on how the heart pumps.

What are some of the keywords that stick out

List as many as you can whilst we are watching the video.

# Flow of blood

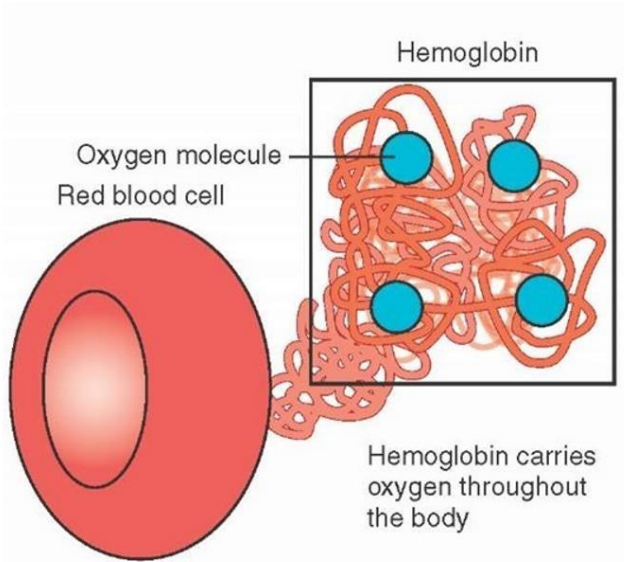


## How we pass oxygen through the blood

Oxygen is connected through the blood through a protein molecule known as haemoglobin.

The way to remember the role of the haemoglobin is that it is like a taxi that transports oxygen around the body.

The iron inside is what connects the blood together and this then allows us to move the red blood cell.





Please add the names of the websites or books that you have used to find your information here.

.....  
.....

This is called a reference.

What local support groups can you find that could support a person with coronary heart disease?

1.

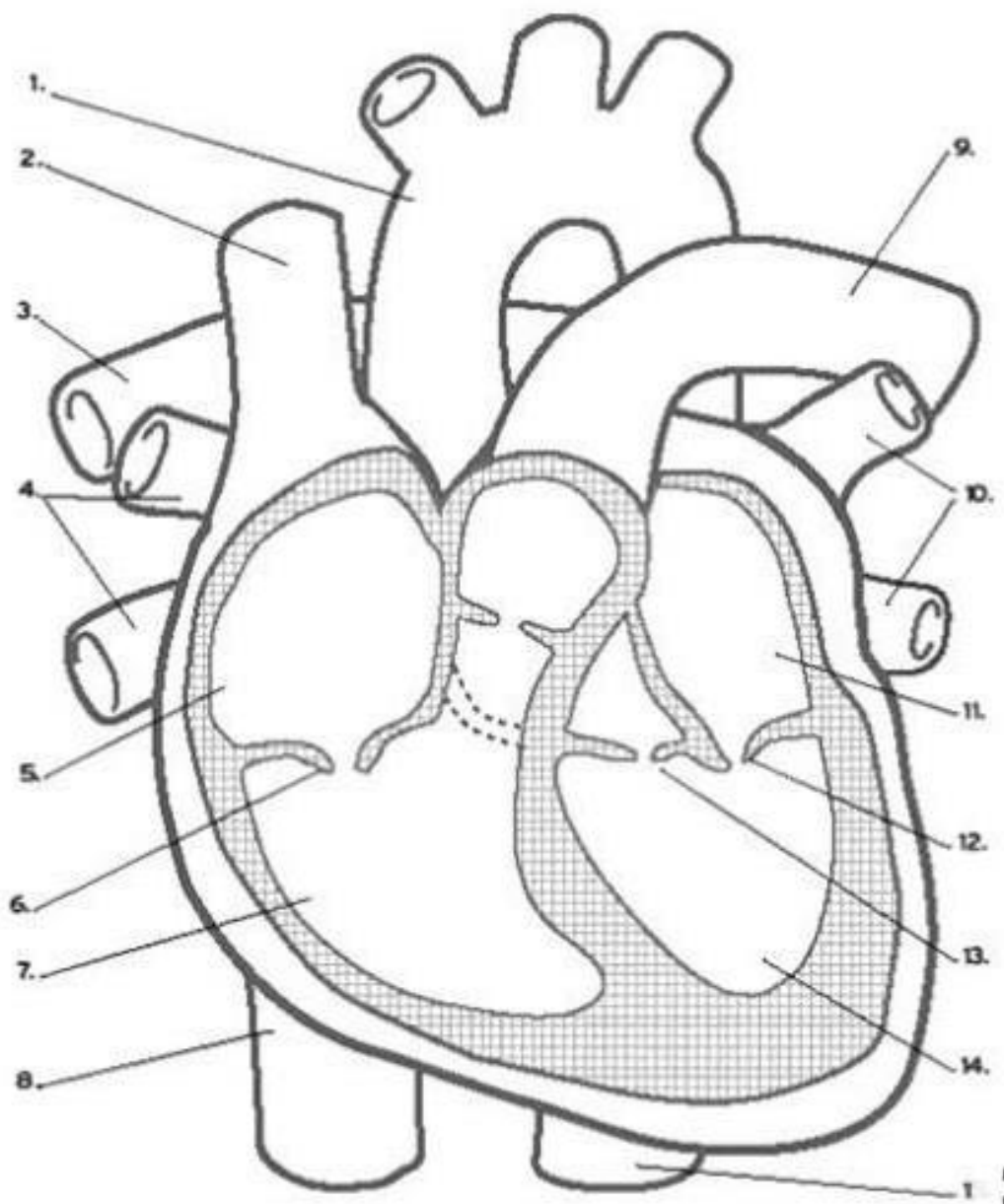
.....  
.....  
.....  
.....

2.

.....  
.....  
.....  
.....

For a bit of Fun...

Colour and Label as many of the parts of the heart as you can.



How can we avoid coronary heart disease? Think about Diet.

Make a full day's meal plan for me.

Think about what a healthy option for each meal would be and explain why each thing you have added is good for my heart and will help me to avoid coronary heart disease.

	Meal choice	Why is it good for me?
Breakfast		
Lunch		
Dinner		
Snacks		

Make sure you bring this along to the first day of college. I look forward to seeing your work 📁