

YouTube Quick Cuts for Health Sciences Programs

These YouTube videos will easily allow you to introduce vital signs and patient assessment skills that will assist in the delivery of complex materials with ease to explain procedures to your students. Using videos as a microlearning tool would enhance knowledge and retention by increasing the student's proficiency in the skill. Students can take notes during the videos which can be reviewed on their mobile devices or at home as they can practice along with the video. The use of adding these videos will promote online discussion amongst your students and could encourage group learning activities.

VITAL SIGNS

These videos explain the proper techniques of taking a full set of vital signs: blood pressure, pulse, respirations, temperature, and lung sounds.

Vital Signs Tutorial:

<https://www.youtube.com/watch?v=gUWJ-6nL5-8>

<https://www.youtube.com/watch?v=JpGuSxDQ8js>

Normal Vital Signs Chart for Adults, Children, Infant - Manual Instructions:

<https://emedicine.medscape.com/article/2172054-overview#a4>

How to Take Vital Signs - Manual Instructions:

<https://www.usamedicalurgical.com/blog/how-to-take-vital-signs-step-by-step-manual-instructions>

How to Take a Temperature: Under Arm, Oral, Ear, Rectum, Skin, Temporal:

<https://www.youtube.com/watch?v=nvl1qQfgzuw>

PULSE

Students will learn how to check the radial pulse on a patient. In addition, it shows how to find the radial pulse on your wrist, right below the thumb.

How to Check Pulse:

https://www.youtube.com/watch?v=vmVjnpTv_Nk

In the following video, students will learn the locations and landmarks of nine different pulse points. In addition, students will learn the information needed to document while assessing the pulse point locations, including the pulse rhythm, strength, and pulse rate.

9 Pulse Points Assessment:

<https://www.youtube.com/watch?v=UBnLYGI3T2k>

BLOOD PRESSURE

These videos will teach students to identify and interpret the graduation markings on an aneroid sphygmomanometer dial. They will also teach students to determine systolic and diastolic blood pressure by reading the dial and listening to Korotkoff sounds.

Blood Pressure Only Tutorial:

<https://www.youtube.com/watch?v=bHXvhQQ0hYc>

Blood Pressure Only Tutorial:

<https://www.youtube.com/watch?v=lKtfwiwHjLI>

How Does Blood Pressure Work:

<https://www.youtube.com/watch?v=Ab9OZsDECZw>

HEALTH ASSESSMENT

This video is an example of a Health History interview with vitals.

Health Assessment and Vital Signs:

<https://www.youtube.com/watch?v=wW05dgpjall>

RESPIRATION

These videos explain how to calculate a respiratory rate, assessment of respiratory rhythm (inspiratory and expiratory phrases) and breathing effort by the patient (dyspnea) on an adult, which is an important skill for healthcare providers.

How to Count Respiration/Counting Respiratory Rate

<https://www.youtube.com/watch?v=Xr-Bucc2J38>

Counting Respiratory Rate:

<https://www.youtube.com/watch?v=IDFaPKFbIO8>

LUNG SOUNDS NORMAL AND ABNORMAL

Lung sounds for assessment and auscultation of bronchial, bronchovesicular, and vesicular breath sounds for healthcare professionals. These videos focus on normal and abnormal lung sounds.

Normal Lung Sounds:

<https://www.youtube.com/watch?v=JFWMJGtmG5E>

Abnormal Lung Sounds:

https://www.youtube.com/watch?v=U8byn2NT_lo

<https://www.youtube.com/watch?v=G3d7oW5dWcs>

Rales vs. Rhonchi:

<https://www.youtube.com/watch?v=RZILUmMbbGU>

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Lung Auscultation Landmarks, Sounds Placement:

<https://www.youtube.com/watch?v=KNrcG077brQ>

Adventitious Breath Sounds:

<https://www.youtube.com/watch?v=ObZFU3YUgyE>

Sounds of Breathing Patterns: Cheyne Stokes, Kussmaul's Biot's:

<https://www.youtube.com/watch?v=ViGjOipe2mY>

Respiratory Examination (OSCE):

<https://www.youtube.com/watch?v=gRWSygaTWQQ>

Irregular Breathing Patterns:

https://www.youtube.com/watch?v=b_V92jwVUAo

Lung Sounds - Breath Sounds Types and Causes:

<https://www.youtube.com/watch?v=TlgP8MzIMaw>

HEART SOUNDS NORMAL AND ABNORMAL

Heart Sounds:

<https://www.youtube.com/watch?v=SZcAJVcbHaY>

Heart Sounds and Murmurs:

<https://www.youtube.com/watch?v=dBwr2GZCmQM>

Normal Heart Sounds:

<https://www.youtube.com/watch?v=pMV3y8r6WOU>

Auscultation of Heart Sounds/Assessing Heart Sounds/Listening to the Heart with a Stethoscope:

<https://www.youtube.com/watch?v=M4PPeBDx9oM>