

# Cornell Guided Notes

Principles of Biomedical Technology (Principles of Biomedical Science) | 2026-09-30

Name

Period

Date

Lesson

## Lesson focus

Vital signs and HIPAA

## Key words and questions

## Prepared details and student notes

**Essential question**  
**What is today's target?**

Define the vital signs, normal ranges, and HIPAA basics before the PLTW clinical task. Big idea: Vital signs are the body's most accessible homeostatic indicators, and accurate measurement requires knowing both normal ranges and sources of measurement error.

**My notes, examples, and questions**

**Key words**  
**What vocabulary unlocks the lesson?**

- chief complaint
- symptom
- vital sign
- pulse
- blood pressure
- respiration
- HIPAA
- homeostasis

**My notes, examples, and questions**

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## Cornell Notes - Continued

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**Must-know ideas**  
**What should I understand by the end?**

- The four vital signs are body temperature (normal ~98.6F / 37C), pulse rate (60-100 bpm), respiration rate (12-20 breaths/min), and blood pressure (normal <120/80 mmHg).
- Homeostasis maintains vital signs within normal ranges through negative feedback; a reading outside range signals that a feedback mechanism may be failing.
- HIPAA applies to covered entities (health plans, providers, clearinghouses) and their business associates; it protects Protected Health Information (PHI) in any form.

**My notes, examples, and questions**

**Process notes**  
**What happens during class?**

- 0:00: Quick poll: who has had their vital signs taken? What was measured?
- 0:08: Teacher-led notes: four vital signs, normal adult ranges, units, homeostatic role of each
- 0:28: HIPAA summary: what is PHI, who is covered, what are the consequences of a breach
- 0:40: myPLTW: complete the talk-to-your-doc online task on clinical communication
- 1:02: Write a measurement plan: variable, unit, instrument, and one error source for each vital sign
- 1:10: Exit ticket: state all four normal ranges from memory

**My notes, examples, and questions**

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**Steps and evidence**  
**What do I do and turn in?**

- Take notes on the four vital signs and their normal adult ranges.
- Review how homeostasis keeps each vital sign within range.
- Summarize what HIPAA protects and who must comply.
- Complete the PLTW talk-to-your-doc online task on clinical communication.
- Identify the measurement variables and units for each vital sign.

Evidence: Pre-lab - Vital-signs measurement plan: a four-row table with vital sign, instrument, unit, normal range, and one measurement error source for each.

**My notes, examples, and questions**

**Checks for understanding**  
**How do I know I got it?**

- I can state the four vital signs and their normal ranges.
- I can explain what HIPAA protects.

**My notes, examples, and questions**

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**Lab or safety notes**  
**What must I handle carefully?**

Supplies:

- Sphygmomanometer (blood pressure cuff)
- Stethoscope
- Digital or analog stopwatch
- Pulse oximeter
- Patient history and vital signs chart
- Alcohol wipes for shared equipment

**My notes, examples, and questions**

### Summary

Today's lesson focused on Vital signs and HIPAA. The main target was: Define the vital signs, normal ranges, and HIPAA basics before the PLTW clinical task. The evidence of learning is Pre-lab: Vital-signs measurement plan: a four-row table with vital sign, instrument, unit, normal range, and one measurement error source for each.. In my own words, the most important idea from today is:

**My summary**

### My final question or connection