

Cornell Guided Notes

Principles of Biomedical Technology (Principles of Biomedical Science) | 2026-10-06

Name

Period

Date

Lesson

Lesson focus

Ethics of monitoring

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Debate whether wearables and continuous monitoring help or harm patients, and defend your view. Big idea: Continuous monitoring generates more data, but more data does not automatically mean better health outcomes; the benefit depends on how the data is interpreted and used.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- blood glucose
- cholesterol
- risk factor
- telehealth
- wearable
- monitoring
- normal range

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?

- Patient autonomy is the right of a competent individual to make informed decisions about their own healthcare, including the decision to be monitored or not.
- Wearable data can detect early warning signs, improve chronic disease management, and reduce emergency visits, but it can also generate false alarms and increase health anxiety.
- Data from wearables is self-reported or algorithmically interpreted, which introduces accuracy limitations not present in clinically validated instruments.

My notes, examples, and questions

Process notes
What happens during class?

- 0:00: Hook: show a real smartwatch alert that turned out to be a false alarm vs. one that caught a real arrhythmia
- 0:10: Introduce patient autonomy concept; contrast with beneficence (what the doctor thinks is best)
- 0:20: Read the ethics prompt; list one benefit and one harm of continuous monitoring
- 0:32: Small-group debate: connect position to patient autonomy
- 0:54: Individual CER writing: position, evidence, reasoning
- 1:10: Share two CERs; preview Tuesday bloodwork content

My notes, examples, and questions

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Steps and evidence
What do I do and turn in?

- Read the prompt: Does constant health monitoring make us healthier or more anxious?
- List one benefit and one harm of continuous wearable monitoring.
- Choose a side and connect it to patient autonomy.
- Argue your claim in your group with one reason and one example.
- Post a written CER with your position and reasoning.

Evidence: CER - Written CER (3-5 sentences) arguing whether continuous wearable monitoring helps or harms patients, with a reference to patient autonomy in the reasoning.

My notes, examples, and questions

Checks for understanding
How do I know I got it?

- I can weigh benefits and harms of health monitoring.
- I can defend a position with reasoning.

My notes, examples, and questions

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Lab or safety notes
What must I handle carefully?

Supplies:

- Simulated blood panel data sheets
- Normal-range reference chart
- Calculator
- Glucose meter demonstration kit
- Wearable device or fitness tracker (demo)
- Lab notebook for the monitoring plan

My notes, examples, and questions

Summary

Today's lesson focused on Ethics of monitoring. The main target was: Debate whether wearables and continuous monitoring help or harm patients, and defend your view. The evidence of learning is CER: Written CER (3-5 sentences) arguing whether continuous wearable monitoring helps or harms patients, with a reference to patient autonomy in the reasoning.. In my own words, the most important idea from today is:

My summary

My final question or connection