ISU STEMx Cardiovascular System Worksheet

1. Radial Pulse (HR, normal rate: 60 - 100)
   Your Resting Heart Rate _________
   Your Heart Rate After Exercise _________

2. Capillary Refill (normal <2 seconds) & Perfusion Assessment
   Nail bed refill rate _________ seconds
   Forehead refill rate _________ seconds (work with a partner)

3. Heart Valves (Listen to Mitral & Tricuspid, Aortic & Pulmonic, see diagram)
   Write your observations for your:
   Mitral & Tricuspid ________________________________
   Aortic & Pulmonic ________________________________

Additional actives:
Gravity Effects on Leg Veins
Career Opportunities