

RO23 Checklist / PLC

Name _____

LO1 Know how a body system works

- ☐ Structure of the cardiovascular system:
 - ☐ heart, ventricles, left and right atrium, aorta
 - ☐ Veins, size and diameter, arteries size and diameter
- ☐ Function of the Cardiovascular system:
 - ☐ circulation of blood around the body,
 - ☐ oxygenation,
 - ☐ de-oxygenation.
- ☐ Respiratory system Structure,
 - ☐ Trachea: cartilage, ligaments, connection to nose and mouth/lungs
 - ☐ Lungs structure: cone shaped, right bigger than left, alveoli.
 - ☐ Function of the respiratory system: inhalation, exhalation
- ☐ Structure of the digestive system
 - ☐ structure of the stomach
 - ☐ Oesophagus structure
 - ☐ intestines small and large
 - ☐ Function of the digestive system breaking down food, absorption of molecules, minerals/water, waste removal from body

LO2 Understanding the disorders that affect body systems

- ☐ **Cardiovascular disorders:**
 - ☐ angina
 - ☐ Heart attack
 - ☐ Heart failure
- ☐ Symptoms:
 - ☐ chest pains discomfort in arms/back
 - ☐ shortness of breath, tiredness, dizziness, raised pulse
- ☐ **Respiratory system disorders:**
 - ☐ asthma
 - ☐ Bronchitis
 - ☐ pneumonia
 - ☐ emphysema
- ☐ Symptoms
 - ☐ Wheezing,
 - ☐ Shortness of breath,
 - ☐ Increased breathing rate
- ☐ Diagnosis
 - ☐ Ct scan,
 - ☐ MRI scan,
 - ☐ x-rays,
 - ☐ function tests

☐ **Understand the disorders of the digestive system:**

- ☐ IBS
- ☐ Heartburn
- ☐ ulcers

☐ **Symptoms:**

- ☐ Pain
- ☐ discomfort,
- ☐ Bloating,
- ☐ diarrhoea,
- ☐ sour bitter taste in mouth,
- ☐ vomiting,
- ☐ weight loss

☐ **Diagnosis:**

- ☐ medical history,
- ☐ physical exam,
- ☐ endoscopy,
- ☐ X-ray,
- ☐ ultrasound,
- ☐ blood test,

☐ **BMI test**

L03 be able to interpret data obtained from measuring body rates with reference to the functioning of healthy body systems

- ☐ Measure pulse rate before and after activity:
- ☐ beats per minute,
- ☐ average pulse rates,
- ☐ raising pulse rates during activity
- ☐ Comparison of results against normal/maximum pulse rates for age.
- ☐ How to measure peak flow of an individual before and after activity,
- ☐ using a peak flow meter, highest of 3 blows
- ☐ Compare results against normal values for age height weight
- ☐ How to calculate the BMI average BMI,
- ☐ measure height and weight and input onto BMI chart
- ☐ compare results against healthy weights for height.
- ☐ Ways of measuring function in the Cv system - pulse rates
- ☐ Ways of measuring in the respiratory system - peak flow testing
- ☐ Ways of measuring in the digestive system: BMI