Heartbeat sheet

Patient's stamp

Copy this page, or print it from doalongstem.com. Guess first. Then listen.

1 Can you hear it?

Try	My guess	What I heard	Heard it?
1  **Ear alone**			yes / no
2  **Tube, TV on**			yes / no
3  **Tube, quiet, heart**			yes / no

2 How many beats in 10 seconds?

When	My guess	Beats I counted	Fastest?
Sitting still			◯
Right after jumping for 1 minute			◯
After resting for 5 minutes			◯

Draw a heart for each beat you counted. Which row has the most hearts?

Patient's cheat sheet

Grown-ups: hearts can be hard to hear. Here is what to do.

If this happens	Do this
You can't hear anything	Make the room very quiet, and try a thinner shirt.
It sounds scratchy	Hold the tube still and flat against the chest. Don't rub it.
It's hard to find the heart	Try the middle of the chest, a little to the patient's left side.
The count keeps changing	That's normal! Count for 10 seconds with a timer, and count right away after jumping.
Your doctor can't count that high	Tap a crayon dot on paper for each beat, then count the dots together.
Someone feels dizzy or out of breath	Stop and rest. Only people who feel well should do the jumping.
Your doctor wants to try something new	Say yes! Listen after walking, or after a big laugh. Write it down as a new count.

Every healthy heart has its own pace. This is play, not a checkup.