

# CHARTING EXAMPLES FOR PHYSICAL ASSESSMENT

## CHARTING EXAMPLES FOR PHYSICAL ASSESSMENT

### SKIN, HAIR AND NAILS

Skin pink, warm, dry and elastic. No lesions or excoriations noted. Old appendectomy scar right lower abdomen 4 inches long, thin, and white. Sprinkling of freckles noted across cheeks and nose. Hair brown, shoulder length, clean, shiny. Normal distribution of hair on scalp and perineum. Hair has been removed from legs, axillae. Nails form 160 degree angle at base, are hard, smooth, and immobile. Nailbeds pink without clubbing. Cuticles smooth, no detachment of nailplate. Hands well-manicured with clear enamel.

### HEAD AND NECK

Head symmetrically round, hard, and smooth without lesions or bumps. Face oval, smooth, and symmetrical. Temporal artery elastic and nontender. Temporomandibular joint palpated with full range of motion without tenderness. Neck symmetric with centered head position and no bulging masses. C7 is visible and palpable with neck flexion. Has smooth, controlled, full range of motion of neck. Thyroid gland nonvisible but palpable when swallowing. Trachea in midline. Lymph nodes nonpalpable.

### EYE AND EAR

Acuity by Snellen chart O.D. 20/20, O.S. 20/20. Visual fields full by confrontation. Extraocular movements smooth and symmetric with no nystagmus. Eyelids in normal position with no abnormal widening or ptosis. No redness, discharge, or crusting noted on lid margins. Conjunctiva and sclera appear moist and smooth. Sclera white with no lesions or redness. No swelling or redness over lacrimal gland. Cornea is transparent, smooth, and moist with no opacities, lens is free of opacities. Irises are round, flat, and evenly colored. Pupils are equal in size and reactive to light and accommodation. Pupils converge evenly. Ears are equal in size bilaterally. Auricles are aligned with the corner of each eye. Skin smooth, no lumps, lesions, nodules. No discharge. Nontender on palpation. Small amount of moist yellow cerumen in external canal. Whisper test : patient repeats 2 syllable word.

### MOUTH, THROAT, NOSE, AND SINUS

Lips pink, smooth, and moist without lesions. Buccal mucosa pink, moist,

# Sample Physical Assessment Documentation

**R Sanford**



### **Sample Physical Assessment Documentation:**

*Health Assessment in Nursing* Janet Weber, Jane Kelley, 2009-10-01 Now in its Fourth Edition Health Assessment in Nursing is a colorful user friendly introductory level health assessment text for RN level students Targeted to ADN and BSN programs this text presumes no prior knowledge of health assessment and is part of a suite that includes Lab Manual to Accompany Health Assessment in Nursing Nurses Handbook of Health Assessment and Weber Kelley s Interactive Nursing Assessment For this edition the COLDSPA mnemonic which guides students through investigation of symptoms has been revised to show specific applications to content in each chapter A sample application of COLDSPA is presented at the beginning of each chapter s Nursing History section and another accompanies each case study The Frail Elderly chapter has been streamlined with a stronger focus on the normal variations associated with assessment of elderly clients Includes DVD ROM

**Guide to Clinical Documentation** Debra D Sullivan, 2018-07-25 Understand the when why and how Here s your guide to developing the skills you need to master the increasing complex challenges of documenting patient care Step by step a straightforward how to approach teaches you how to write SOAP notes document patient care in office and hospital settings and write prescriptions You ll find a wealth of examples exercises and instructions that make every point clear and easy to understand

**Physical Examination and Health Assessment - Canadian E-Book** Carolyn Jarvis, 2023-03-14 Learn how to take a clear logical and holistic approach to physical examination and health assessment across the lifespan Using easy to follow language detailed illustrations summary checklists and new learning resources Physical Examination Health Assessment 4th Canadian Edition is the gold standard in physical examination textbooks This new edition reflects today s nursing practice with a greater focus on diverse communities evidence informed content throughout and new and enhanced case studies focusing on critical thinking and clinical judgement It s easy to see why this text is 1 with Canadian nursing students Approximately 150 normal and abnormal examination photos for the nose mouth throat thorax and pediatric assessment give you a fresh perspective on these key system examinations with cultural diversity and developmental variations Social determinants of health considerations cover the shifting landscape of Canada s populations with strategies for integrating social economic and ethnocultural diversity into students health assessments Assessment strategies relevant to Indigenous populations harm reduction nutrition and transgender persons inform practitioners on respectful complete care Sectional colour bars segment body systems according to content Structure and Function Subjective Data Objective Data Documentation and Critical Thinking Abnormal Findings Documentation and critical thinking sections provide real world clinical examples of specific patients and how to document assessment findings Abnormal findings tables help you recognize sort and describe abnormalities Separate chapter on pregnancy provides a thorough foundation for assessing the pregnant patient Developmental Considerations sections highlight content specific to infants children adolescents pregnant individuals and older adults Content covering the electronic health record charting and narrative recording provides

examples of how to document assessment findings Two column format distinguishes normal findings from abnormal findings and uses full colour step by step photos to clarify examination techniques and expected findings Promoting Health boxes focus on this key aspect of Canadian health care Summary checklists offer reviews of key examination steps *Physical Examination and Health Assessment E-Book* Carolyn Jarvis, 2019-01-07 With an easy to follow approach and unmatched learning support Jarvis's *Physical Examination and Health Assessment* 8th Edition is the most authoritative complete and easily implemented solution for health assessment in nursing This tightly integrated learning package continues to center on Carolyn Jarvis's trademark clear logical and holistic approach to physical examination and health assessment across the patient lifespan It's packed with vivid illustrations step by step guidance and evidence based content to provide a complete approach to health assessment skills and physical examination With a fresh focus on today's need to know information the 8th edition integrates QSEN and interprofessional collaboration features enhanced inclusion of LGBTQ considerations includes a new standalone Vital Signs chapter and provides enhanced EHR and documentation content The most trusted name in health assessment for nurses now in its 8th edition A clear conversational step by step evidence based approach to physical examination and health assessment of patients throughout the lifespan A consistent format from chapter to chapter features sections on Structure and Function Subjective Data Objective Data Documentation and Critical Thinking and Abnormal Findings to help you learn to assess systematically UPDATED An unsurpassed collection of more than 1 100 full color illustrations has been updated to vividly showcase anatomy and physiology examination techniques and abnormal findings Enhanced content on the electronic health record charting and narrative recording exemplify how to document assessment findings using state of the art systems with time tested thoroughness Engaging learning resources include assessment video clips NCLEX Exam review questions case studies with critical thinking activities audio clips of heart lung and abdominal sounds assessment checklists and much more Promoting a Healthy Lifestyle boxes present opportunities for patient teaching and health promotion while performing the health assessment Developmental Competence sections highlight content specific to infants children adolescents pregnant women and older adults Culture and Genetics sections include information on biocultural and transcultural variations in an increasingly diverse patient population NEW Standalone Vital Signs chapter and refocused nutrition content include an expanded emphasis on the national epidemic of obesity NEW Enhanced integration of QSEN and interprofessional collaboration emphasize how to ensure patient safety during the physical exam and how to collaborate with other health professionals to promote optimal health NEW Enhanced inclusion of LGBTQ issues and revamped and refocused Cultural Assessment chapter equip you with the skills to practice with greater sensitivity and inclusivity NEW Health Promotion and Patient Teaching sections underscore the unique role of nurses especially advanced practice nurses in health promotion *Study Guide to Accompany Advanced Pediatric Assessment, Third Edition* Ellen M. Chiocca, 2019-08-30 The only certification study guide to focus on advanced infant and child health

assessment This is the only study guide available focusing specifically on the specialized knowledge and skills required to conduct the pediatric health assessment Designed to accompany the text Advanced Pediatric Assessment it reinforces essential content through case studies and multiple choice Q As that mirror the Pediatric Nurse Practitioner Certification Exam format The third edition includes new critical thinking exercises case studies and certification style Q As It delivers a completely new chapter that covers clinical decision making formulating differential diagnoses and evidence based practice It also provides SOAP notes for the well and abnormal exams The third edition continues to deliver essential practice items for all aspects of the exam along with sample documentation and a space where students can practice their own subjective and objective findings In addition Anatomic Labeling Exercises reinforce knowledge essential to the APN role Each chapter is formatted systematically for ease of use and includes chapter overview learning objectives essential terminology case studies the well child the ill child child with problem multiple choice questions mirroring the exam format SOAP notes for well and abnormal exams and answers New to the Third Edition Includes new critical thinking exercises case studies and certification style exam questions Delivers completely new chapter addressing clinical decision making formulating differential diagnoses and evidence based practice Provides SOAP notes for well and abnormal exams Key Features Reinforces content for Advanced Pediatric Assessment with case studies and multiple choice Q As that mirror certification exam format Provides essential practice items for the exam Includes Anatomic Labeling Exercises to reinforce required knowledge Delivers essential terminology Offers sample documentation and space for students to practice their own documentation

Bates' Guide To Physical Examination and History Taking Rainier P. Soriano, 2025-09-15 Bates Guide to Physical Examination and History Taking 14th Edition is the trusted resource for mastering patient assessment carefully tailored to meet the evolving needs of students educators and healthcare practitioners Whether you re beginning your career in healthcare or seeking to enhance your clinical skills this updated edition has been thoughtfully updated to address the evolving needs of today s healthcare landscape

*Seidel's Guide to Physical Examination - E-Book* Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Solomon, Rosalyn W. Stewart, 2014-02-01 Seidel s Guide to Physical Examination is a comprehensive textbook of physical examination history taking and health assessment with a unique emphasis on differential diagnosis and variations across the lifespan The book conveys a uniquely compassionate patient centered approach to physical examination with a strong evidence based foundation Evidence Based Practice in Physical Examination boxes supply you with current data on the most effective techniques for delivering quality patient care Clinical Pearls lend insights and clinical expertise to help you develop clinical judgment skills Functional Assessment boxes present a more holistic approach to patient care that extends beyond the physical exam to patients functional ability Staying Well boxes focus you on patient wellness and health promotion Risk Factor boxes provide opportunities for patient teaching or genetic testing for a variety of conditions Differential diagnosis content offers you an understanding of how disease presentations vary and specific information for how to make diagnoses

from similar abnormal findings Abnormal Findings tables equip you with a quick illustrated reference that allows for comparisons of various abnormalities along with key symptoms and underlying pathophysiology Sample Documentation boxes clarify appropriate professional language for the process of recording patient assessment data NEW Advance Practice Skills highlighted throughout text makes identification and reference easier for students NEW Updated content throughout provides you with cutting edge research and a strong evidence based approach to care NEW Vital Signs and Pain Assessment Chapter groups important foundational tasks together for easy reference in one location NEW Improve readability ensures content remains clear straightforward and easy to understand NEW Updated illustrations and photographs enhances visual appeal and clarifies anatomic concepts and exam techniques

**Nursing Care Plans & Documentation** Lynda Juall Carpenito-Moyet, 2009 The Fifth Edition of Nursing Care Plans and Documentation provides nurses with a comprehensive guide to creating care plans and effectively documenting care This user friendly resource presents the most likely diagnoses and collaborative problems with step by step guidance on nursing action and rationales for interventions New chapters cover moral distress in nursing improving hospitalized patient outcomes and nursing diagnosis risk for compromised human dignity The book includes over 70 care plans that translate theory into clinical practice Online Tutoring powered by Smarthinking Free online tutoring powered by Smarthinking gives students access to expert nursing and allied health science educators whose mission like yours is to achieve success Students can access live tutoring support critiques of written work and other valuable tools

Pocket Companion for Physical Examination and Health Assessment Carolyn Jarvis, 2015-03-24 Take this nursing handbook into the clinical setting Pocket Companion for Physical Examination Health Assessment 7th Edition makes it fast and easy to look up essential assessment skills and techniques You ll conduct more effective exams by referring to summaries of examination steps normal versus abnormal findings lifespan and multicultural considerations and over 250 full color photos and illustrations Written by well known educator and clinician Carolyn Jarvis this handbook is a perfect clinical tool whether you re a beginner who is learning assessment skills or a practitioner who needs a portable reference Convenient two column format makes it easier to access learn and understand key physical examination skills and findings More than 250 full color illustrations demonstrate examination skills underlying anatomy and physiology and normal and abnormal findings Color coded design helps you easily locate the information you need dividing each body system chapter into major sections anatomy subjective data objective data and abnormal findings Abnormal findings tables help you recognize sort and describe key abnormal findings Summary checklists offer reviews of key examination steps for quick reference Developmental Competence sections highlight content specific to infants children adolescents pregnant women and older adults Spanish language translation chart helps you improve communication with Hispanic patients during the physical examination Cultural Competence sections provide a context for care of multicultural patient groups NEW evidence based guidelines reflect a focus on conducting the most effective qualitative exams NEW content on the Electronic Health Record

charting and narrative recording includes examples of how to document assessment findings NEW photos of normal and abnormal findings show the nose mouth throat thorax and pediatric assessment including developmental and cultural variations

**Intermediate Emergency Care and Transportation of the Sick and Injured** Rhonda J. Beck, American Academy of Orthopaedic Surgeons, 2004-09 This text bridges the gap between the two curricula while still keeping them separate making it user friendly for any instructor and students

**Advanced Pediatric Assessment Set, Third Edition** Ellen M. Chiocca, 2019-09-15 Everything you ll need to learn advanced pediatric assessment in one handy and affordable set This set delivers the specialized knowledge and skills for pediatric health and illness assessment alongside corresponding critical thinking exercises case studies and certification style exam questions Comprehensive and detailed it emphasizes the unique anatomic and physiologic differences among infants children and adults The textbook now in FOUR COLOR newly addresses toxic stress and trauma informed care and child witnesses to violent acts Additionally the book provides several new features facilitating quick access to key information along with NEW instructor and student resources The study guide delivers a completely new chapter that covers clinical decision making formulating differential diagnoses and evidence based practice and also provides SOAP notes for the well and abnormal exams New to the Third Edition All new FOUR COLOR presentation in the textbook NEW instructor resources Power Points Test Bank Image Bank Updated clinical practice guidelines Clinical decision making formulating differential diagnoses and evidence based practice Immigrant and refugee health Toxic stress and trauma informed care Family developmental nutritional and child mistreatment assessment Key Features Includes clinical practice guidelines for common medical conditions Incorporates up to date screening and health promotion guidelines Provides exam style essential practice items for the exam Includes Anatomic Labeling Exercises to reinforce required knowledge Delivers essential terminology Offers sample documentation and space for students to practice their own documentation skills

**Advanced Health Assessment and Diagnostic Reasoning** Jacqueline Rhoads, Sandra Wiggins Petersen, 2014 Many texts address the physical examination component of health assessment but do not cover the diagnostic reasoning process that a health care provider must go through when assessing an actual case In the Second Edition of Advanced Health Assessment and Diagnostic Reasoning authors Rhoads and Petersen do just that By including each step of health assessment they demonstrate the links between health history and physical examination and provide the healthcare provider with the essential data needed to formulate a diagnosis and treatment plan Furthermore the content in Advanced Health Assessment and Diagnostic Reasoning Second Edition is accessible and presented in a way that is easy to follow and retain Publisher s website

**Emergency**, 2006 Emergency Medical Technician

**Nursing Interventions & Clinical Skills - E-Book** Anne Griffin Perry, Patricia A. Potter, Martha Keene Elkin, 2011-05-05 With its new condensed format completely reorganized and updated content respected author team and new lower price Perry and Potter s Nursing Interventions and Clinical Skills 5th Edition is your all around best choice for learning the skills and techniques you ll use

every day in practice Covering 181 skills this highly accessible manual conveniently groups all related skills together so you can find information quickly The companion Evolve website features 50 video clips skills checklists and much more ensuring your successful mastery of each skill Contains 180 skills and techniques basic intermediate and advanced you ll use every day in practice Presents every skill in a logical consistent format Assessment Planning Implementation Evaluation improving the quality of patient care Pairs each step with an appropriate rationale helping you understand and remember why specific techniques are used Features Safety Alerts that highlight unusual risks inherent in the next step of the skill helping you plan ahead at each step of nursing care Uses a Glove icon as a reminder to don clean gloves before proceeding to the next step of the skill improving patient safety Guides you in Delegation and Collaboration explaining when to delegate a skill to assistive personnel and indicating what key information must be shared Highlights Special Considerations such as information unique to pediatric or geriatric patients to raise awareness of additional risks you may face when caring for a diverse patient population Provides sample documentation of nurses notes so that you can learn to communicate effectively to the patient care team Contains multimedia resources such as video clips skills performance checklists interactive exercises and more all easily available to you on the companion Evolve website at no additional cost Content has been reorganized to make topics easier to find improving ease of use Covers new topics that will help you develop the skills needed to practice according to the TJC and ACCN recommendations Covers new skills that will prepare you for nursing practice in a wide variety of environments Features a unique new chapter Using Evidence in Practice that introduces you to using evidence to solve clinical problems Introduces you to Consistent Patient Identification Protocol as recommended by The Joint Commission improving quality of care and patient safety Includes enhanced and greatly expanded end of chapter exercises now featuring case study questions NCLEX alternate format questions and multiple choice questions

**Advanced Health Assessment and Diagnostic Reasoning** Rhoads,Sandra Wiggins Petersen,2016-12-05 Advanced Health Assessment and Diagnostic Reasoning Third Edition covers the diagnostic reasoning process that providers must follow when assessing an actual case The text outlines each step of the health assessment process and further demonstrates the link between health history and physical examination It also provides the healthcare professional with the essential data needed to formulate a diagnosis and treatment plan New Online Course Advanced Health Assessment and Diagnostic Reasoning Third Edition features Navigate Premier Access a robust online course complete with interactive lectures eBook with health assessment videos and audio clips syllabus instructor resource guide image bank practice activities discussion questions and testing items Key Features Outlines the health assessment and diagnostic reasoning process for a nurse practitioner assessing a new patient Provides the essential data needed to formulate a diagnosis and treatment plan Covers the anatomy and physiology of each system Includes coverage of specific populations pediatric pregnancy geriatric Navigate 2 Premier Access

*Evidence-Based Physical Examination* Kate Gawlik,Bernadette Mazurek Melnyk,Alice Teall,2020-01-27 The first book to teach physical



assessment techniques based on evidence and clinical relevance Grounded in an empirical approach to history taking and physical assessment techniques this text for healthcare clinicians and students focuses on patient well being and health promotion It is based on an analysis of current evidence up to date guidelines and best practice recommendations It underscores the evidence acceptability and clinical relevance behind physical assessment techniques Evidence Based Physical Examination offers the unique perspective of teaching both a holistic and a scientific approach to assessment Chapters are consistently structured for ease of use and include anatomy and physiology key history questions and considerations physical examination laboratory considerations imaging considerations evidence based practice recommendations and differential diagnoses related to normal and abnormal findings Case studies clinical pearls and key takeaways aid retention while abundant illustrations photographic images and videos demonstrate history taking and assessment techniques Instructor resources include PowerPoint slides a test bank with multiple choice questions and essay questions and an image bank This is the physical assessment text of the future Key Features Delivers the evidence acceptability and clinical relevance behind history taking and assessment techniques Eschews traditional techniques that do not demonstrate evidence based reliability Focuses on the most current clinical guidelines and recommendations from resources such as the U S Preventive Services Task Force Focuses on the use of modern technology for assessment Aids retention through case studies clinical pearls and key takeaways Demonstrates techniques with abundant illustrations photographic images and videos Includes robust instructor resources PowerPoint slides a test bank with multiple choice questions and essay questions and an image bank Purchase includes digital access for use on most mobile devices or computers

**Emergency Care and Transportation of the Sick and Injured** Andrew N. Pollak, Bruce D.

Browner, American Academy of Orthopaedic Surgeons, 2002 Helping the EMT student become EMT basics *Essentials for Occupational Health Nursing* Arlene Guzik, 2013-02-08 The scope of occupational health nursing practice has expanded and taken on a variety of roles giving rise to opportunities for nurses to care for workers in various workplace settings *Essentials for Occupational Health Nursing* provides a highly practical and accessible guide for nurses entering or already engaged in this important field The text begins with the foundations for occupational health practice covering the domain of occupational health and the role of the many professionals within the specialty Subsequent chapters address program development professional development workplace regulatory requirements workplace injury management and managing health and productivity Case studies pertaining to fitness for duty and medical monitoring provide real life scenarios to aid in learning This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes Google Play or the MedHand Store

**Pocket Companion for Physical Examination & Health Assessment - E-Book** Carolyn Jarvis, Ann L. Eckhardt, 2022-12-15 A concise practical handbook for the assessment lab and the clinical setting Jarvis s Pocket Companion for Physical Examination Health Assessment 9th Edition makes it fast and easy to review essential assessment skills and

techniques You ll conduct more effective exams by referring to summaries of examination steps comparisons of normal versus abnormal findings lifespan and cultural considerations integration of QSEN safety competencies and more than 250 full color photos and drawings Written by renowned educator and clinician Dr Carolyn Jarvis now joined by co author Dr Ann L Eckhardt this companion handbook is an ideal clinical tool whether you re a beginner who is learning health assessment skills or a practitioner who needs a portable reference Color coded format helps users easily locate the information they need with each body system chapter divided into major sections Anatomy Subjective Data Objective Data and Abnormal Findings Abnormal findings tables help students recognize classify and describe key abnormal findings Health Promotion and Patient Teaching sections underscore the unique role of nurses especially advanced practice nurses in health promotion Developmental Competence sections highlight content specific to infants children adolescents pregnant women and older adults Summary checklists review key examination steps for quick reference Spanish language translation chart helps improve communication with Spanish speaking patients during the physical examination UPDATED Content corresponds to the 9th edition of the Jarvis textbook and represents the latest research and evidence based practice NEW Increased focus of social determinants of health SODH addresses the disparities that can affect health outcomes enabling a whole health approach NEW Health Promotion Points lists for every system region promote optimal patient health during the physical exam NEW Inclusive photos identify common skin conditions in both light skin and dark skin increasing representation for better health outcomes NEW Refocused and retitled Genetics and Environment sections highlight key parameters that have an impact on patient health

**Recognition, Evaluation, and Control of Indoor Mold** Bradley Prezant,Donald M. Weekes,J. David Miller,2008

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