

Nursing Assessment

1. Part of Nursing Process
2. Nurses use physical assessment skills to:
 - a) Obtain baseline data and expand the data base from which subsequent phases of the nursing process can evolve
 - b) To identify and manage a variety of patient problems (actual and potential)
 - c) Evaluate the effectiveness of nursing care
 - d) Enhance the nurse-patient relationship
 - e) Make clinical judgments

Gathering Data

Subjective data - Said by the client (S)

Objective data - Observed by the nurse (O)

Document: SOAP/IE/R

Assessment Techniques:

The order of techniques is as follows (Inspect – Palpation – Percussion - Auscultation) except for the abdomen which is Inspect – Auscultation – Percuss – Palpate.

A. Inspection – critical observation "always first"

1. Take time to "observe" with eyes, ears, nose (all senses)
2. Use good lighting
3. Look at color, shape, symmetry, position
4. Observe for odors from skin, breath, wound
5. Develop and use nursing instincts
6. Inspection is done alone and in combination with other assessment techniques

B. Palpation – light and deep touch

1. Back of hand (dorsal aspect) to assess skin temperature
2. Fingers to assess texture, moisture, areas of tenderness
3. Assess size, shape, and consistency of lesions and organs
4. Deep = 5-8 cm (2-3") deep; Light = 1 cm deep

C. Percussion – sounds produced by striking body surface

1. Produces different notes depending on underlying mass (dull, resonant, flat, tympanic)
2. Used to determine size and shape of underlying structures by establishing their borders and indicates if tissue is air-filled, fluid-filled, or solid
3. Action is performed in the wrist

D. Auscultation – listening to sounds produced by the body

1. Direct auscultation – sounds are audible without stethoscope
2. Indirect auscultation – uses stethoscope
3. Know how to use stethoscope properly *[practice skill]*
4. Fine-tune your ears to pick up subtle changes *[practice skill]*
5. Describe sound characteristics (frequency, pitch intensity, duration, quality) *[practice skill]*
6. Flat diaphragm picks up high-pitched respiratory sounds best.
7. Bell picks up low pitched sounds such as heart murmurs.
8. Practice using BOTH diaphragms

Physical Assessment Template For Np

Sasha Hu

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

Physical Assessment Template For Np:

Physical Assessment Template For Np Book Review: Unveiling the Power of Words

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Table of Contents Physical Assessment Template For Np

1. Understanding the eBook Physical Assessment Template For Np
 - The Rise of Digital Reading Physical Assessment Template For Np
 - Advantages of eBooks Over Traditional Books
2. Identifying Physical Assessment Template For Np
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Physical Assessment Template For Np
 - User-Friendly Interface
4. Exploring eBook Recommendations from Physical Assessment Template For Np
 - Personalized Recommendations
 - Physical Assessment Template For Np User Reviews and Ratings
 - Physical Assessment Template For Np and Bestseller Lists
5. Accessing Physical Assessment Template For Np Free and Paid eBooks

- Physical Assessment Template For Np Public Domain eBooks
- Physical Assessment Template For Np eBook Subscription Services
- Physical Assessment Template For Np Budget-Friendly Options
- 6. Navigating Physical Assessment Template For Np eBook Formats
 - ePub, PDF, MOBI, and More
 - Physical Assessment Template For Np Compatibility with Devices
 - Physical Assessment Template For Np Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Physical Assessment Template For Np
 - Highlighting and Note-Taking Physical Assessment Template For Np
 - Interactive Elements Physical Assessment Template For Np
- 8. Staying Engaged with Physical Assessment Template For Np
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Physical Assessment Template For Np
- 9. Balancing eBooks and Physical Books Physical Assessment Template For Np
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Physical Assessment Template For Np
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Physical Assessment Template For Np
 - Setting Reading Goals Physical Assessment Template For Np
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Physical Assessment Template For Np
 - Fact-Checking eBook Content of Physical Assessment Template For Np
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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