

## 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

# Sample Nursing Physical Assessment Documentation

**AW Rasmussen**



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

**Nursing Care Plans and Documentation** Lynda Juall Carpenito-Moyet, 2005-11-01 Enter the world of nursing care planning with confidence This informative guide is the perfect way to build your care planning and documentation skills Practical and easy to read material covers each phase of care plan development and record keeping for both surgical and non surgical interventions 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 **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 COLDDSPA mnemonic which guides students through investigation of symptoms has been revised to show specific applications to content in each chapter A sample application of COLDDSPA 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 *Health Assessment in Nursing* Janet R. Weber, Jane H. Kelley, 2013-11-14 Innovative systematic and user friendly Health Assessment in Nursing has been acclaimed through four previous editions for the way it successfully helps RN level students develop the comprehensive knowledge base and expert nursing assessment skills necessary for accurate collection of client data Maintaining the text s hallmarks in depth accurate information a compelling Continuing Case Study and practical tools that help students develop the skills they need to collect both subjective and objective data the Fifth Edition now features an exciting array of new chapters a greater focus on diversity and health assessment through the lifespan over 150 new illustrations more than 300 new photos of actual registered nurses and nurse practitioners performing assessments and an expanded array of teaching and learning tools Lippincott's Nursing Procedures , 2009 The newly revised fifth edition of this popular reference is a start to finish guide for more than 400 basic to advanced nursing procedures It provides step by step instructions for each procedure and explains how to use and troubleshoot equipment **Basic Concepts of**

**Psychiatric-mental Health Nursing** Louise Rebraca Shives,2007 This seventh edition includes new chapters and maintains popular features from previous editions such as self awareness prompts while adding research boxes and student worksheets at the end of each chapter

**Nurses' Handbook of Health Assessment** Janet R. Weber,2021-11-01 The perfect on the go companion to Health Assessment for Nursing 7th Edition this compact handbook gives students quick convenient access to the latest nursing assessment guidelines and findings in a see and do format ideal for today s fast paced nursing practice Streamlined step by step guidelines and full color illustrations detail everything students need to interview clients and conduct thorough physical assessments with ease

**Home Health Nursing Manual** Sunny Sutton,1988 The whys and hows of charting for home health care

***Combined Clinical Nursing Skills Manual including OSCE 2V - Set - E-Book*** Lizzie Ravindran,Manjula G.B.,Deborah Packiajothi,Anees A,2024-05-21 Vol 1This book is written based on the revised INC syllabus it is developed on the rich knowledge and clinical expertise of theauthors co authors and contributors around various specialties of nursing It is indexed well organized updated with recent information and enhanced with the inclusion of OSCE checklists andprocedure skills as per requirement of the new syllabus The authenticity of the contents of the manual rests with a strong literature review from various indexed textbooks of nursing The individual patient differences patient preferences patient conditions and situations are considered before or whileputting a procedure into practice Vol 2 Developed by a team of authors and contributors who have brought in their rich and varied experiences in nursing practiceand education Assembled based on the latest INC syllabus and new procedure guidelines Includes practical procedures of all clinical nursing specialities Constitutes checklists for procedures against which competencies can be fairly evaluated Is a ready reference for nursing care plan of common clinical conditions Includes short and long case scenario discussions Comprises key topics for viva voce in practical examinations Highlights the important areas of health education Caters to practical examination preparation of student nurses across 4 years of education

***Tabbner's Nursing Care*** Gabby Koutoukidis,Rita Funnell,Karen Lawrence,Jodie Hughson,Kate Stainton,2009 Tabbner s Nursing Care Theory and Practice is the only Australian and New Zealand textbook written specifically for the enrolled nurse student The new 5th edition of this best selling text has been fully revised and updated throughout to reflect the content of the new National Curriculum Unit 1 The evolution of nursing Unit 2 The health care environment Unit 3 Cultural diversity and nursing practice Unit 4 Promoting psychosocial health in nursing practice Unit 5 Nursing individuals throughout the lifespan Unit 6 The nursing process Unit 7 Assessing health Unit 8 Important component of nursing care Unit 9 Health promotion and nursing care of the individual Appendices Provided by publisher

**Care of the Obese in Advanced Practice Nursing** Lisa L. M. Maher,2015-12-02 The first book to provide APNs with the tools to effectively treat obese patients This book is the first resource to give the APN the practical tools with which to communicate assess and treat obese patients Designed to help APNs to easily broach an uncomfortable topic the book walks practitioners through the exam providing tips on effective communication understanding

lifestyle constraints and working with the patient to improve their condition without shame Emphasizing multidisciplinary approaches and evidence based treatment the book addresses prevention provider recognition and treatment of adult and pediatric obesity with the goal of improving overall quality of life The resource offers practical information on diet and exercise that foster healthy weight loss along with psychological pharmacological and surgical recommendations Effective tips on all facets of working with obese patients bolstered with real life examples that provide the patient s perspective help APNs understand and provide a better quality of care to these vulnerable patients Additionally the book includes substantial information on comorbidities which add to the complexity of obesity treatment Chapters address current trends and causes of obesity communication dos and don ts the technical aspects of obesity including genetics and pathophysiology obesity as an addiction eating disorders assessment from the APN point of view disease management pharmacological surgical and medical management and costs and insurance coverage Several tools that can be used to enhance clinical practice are featured in the Appendix Key Features Written specifically for the Advanced Practice Nurse Covers all facets of communication with assessment of and treatment of obese patients Includes case studies and treatment plans from a nursing perspective Highlights a multidisciplinary approach Includes effective tips photographs and real life examples that illustrate the patient s perspective      Mental Health and Psychiatric Nursing Janet L. Davies, Ellen Hastings Janosik, 1991      *Home Care for the High-risk Infant* Elizabeth Ahmann, 1996 This revised expanded edition addresses the increased interest in and demand for information about the nursing care of premature technology dependent infants once they are at home Clinical practice and research updates care plans assessment forms sample care maps and other hands on materials presented in an 8 1 2 x 11 format make this a practical tool as well as a textbook      *Nursing Interventions & Clinical Skills - E-Book* Anne G. Perry, Patricia A. Potter, Wendy R. Ostendorf, 2015-01-08 Master nursing skills with this guide from the respected Perry Potter Ostendorf author team The concise coverage in Nursing Interventions Clinical Skills 6th Edition makes it easy to master the clinical skills required in everyday nursing practice Clear guidelines address 159 basic intermediate and advanced skills from measuring body temperature to insertion of a peripheral intravenous device and step by step instructions emphasize the use of evidence based concepts to improve patient safety and outcomes Its friendly easy to read writing style includes a streamlined format and an Evolve companion website with review questions and handy checklists for each skill Coverage of 159 skills and interventions addresses basic intermediate and advanced skills you ll use every day in practice UNIQUE Using Evidence in Nursing Practice chapter provides the information needed to use evidence based practice to solve clinical problems Safe Patient Care Alerts highlight unusual risks in performing skills so you can plan ahead at each step of nursing care Delegation Collaboration guidelines help you make decisions in whether to delegate a skill to unlicensed assistive personnel and indicates what key information must be shared Special Considerations indicate additional risks or accommodations you may face when caring for pediatric or geriatric patients and patients in home care settings

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**Examination - E-Book** Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Solomon, Rosalyn W. Stewart, 2017-12-21 NEW Emphasis on clinical reasoning provides insights and clinical expertise to help you develop clinical judgment skills NEW Enhanced emphasis on patient safety and healthcare quality particularly as it relates to sports participation NEW Content on documentation has been updated with a stronger focus on electronic charting EHR EMR NEW Enhanced social inclusiveness and patient centeredness incorporates LGBTQ patients and providers with special a emphasis on cultural competency history taking and special considerations for examination of the breasts female and male genitalia reproductive health thyroid and anus rectum prostate NEW Telemedicine virtual consults and video interpreters content added to the Growth Measurement and Nutrition chapter NEW Improved readability with a clear straightforward and easy to understand writing style NEW Updated drawing and photographs enhance visual appeal and clarify anatomical content and exam techniques

*Fundamental Nursing Skills and Concepts* Barbara Kuhn Timby, 2009 Now in its Ninth Edition this full color text combines theoretical nursing concepts step by step skills and procedures and clinical applications to form the foundation of the LPN LVN course of study This edition features over 100 new photographs exciting full color ancillaries end of unit exercises and extensively updated chapters on nursing foundations laws and ethics recording and reporting nutrition fluid and chemical balance safety sepsis infection control and medication administration Coverage includes new information on cost related issues emerging healthcare settings concept mapping malpractice documentation and reporting HIPAA and more All Gerontologic Considerations sections have been thoroughly updated by renowned experts *Nurse's Pocket Guide* Mary Frances Moorhouse, Christina Baughn, Margaret Moore-Nadler, 2025-10-13 This quick reference pocket guide helps nursing

students to plan effective patient care in any setting while developing their clinical judgment and decision making skills It has exactly what they need to select the appropriate diagnosis to plan their patients care effectively

**Nurses' Handbook of Health Assessment** Janet R. Weber, 2009-09-22 Renowned for its holistic perspective and see and do approach this full color pocket sized handbook offers step by step guidance on every phase of the nursing assessment for adults children and special populations The focus is on what nurses need to know to assess clients the health history physical examination normal and abnormal findings nursing interventions and nursing diagnoses This edition presents a complete update of all content and references and contains new chapters on mental status and assessing frail elderly clients

**Handbook of Home Health Care Administration** Marilyn D. Harris, 1997 Table of Contents Foreword Introduction Ch 1 Home health administration an overview 3 Ch 2 The home health agency 16 Ch 3 Medicare conditions of participation 27 Ch 4 The joint commission s home care accreditation program 63 Ch 5 CHAP accreditation standards of excellence for home care and community health organizations 71 Ch 6 Accreditation for home care aide and private duty services 81 Ch 7 ACHC accreditation for home care and alternate site health care services 86 Ch 8 Certificate of need and licensure 92 Ch 9 Credentialing organizational and personnel options for home care 101 Ch 10 The relationship of the home health agency to the state trade association 111 Ch 11 The national association for home care and hospice 115 Ch 12 The visiting nurse association of America 124 Ch 13 Self care systems in home health care nursing 131 Ch 14 Home health care documentation and record keeping 135 App 14 A COP standards pertaining to HHA clinical record policy 147 App 14 B Abington Memorial Hospital home care clinical records 150 Ch 15 Computerized clinical documentation 161 Ch 16 Home telehealth improving care and decreasing costs 176 Ch 17 Implementing a competency system in home care 185 Ch 18 Meeting the need for culturally and linguistically appropriate services 211 Ch 19 Classification an underutilized tool for prospective payment 224 Ch 20 Analysis and management of home health nursing caseloads and workloads 236 Ch 21 Home health care classification HHCC system an overview 247 Ch 22 Nursing diagnoses in home health nursing 261 Ch 23 Perinatal high risk home care 274 Ch 24 High technology home care services 279 Ch 25 Discharge of a ventilator assisted child from the hospital to home 291 Ch 26 Performance improvement 301 Ch 27 Evidence based practice basic strategies for success 310 Ch 28 Quality planning for quality patient care 315 Ch 29 Program Evaluation 320 App 29 A Formats for presenting program evaluation tools Ch 30 Effectiveness of a clinical feedback approach to improving patient outcomes 341 Ch 31 Implementing outcome based quality improvement into the home health agency 352 Ch 32 Benchmarking and home health care 383 Ch 33 Administrative policy and procedure manual 395 Ch 34 Discharge planning 399 Ch 35 Strategies to retain and attract quality staff 421 Ch 36 Evaluating productivity 436 Ch 37 Labor management relations 448 Ch 38 Human resource management 459 Ch 39 Staff development in a home health agency 474 Ch 40 Transitioning nurses to home care 484 Ch 41 Case management 495 Ch 42 Managed care 499 Ch 43 Community based long term care preparing for a new role 507 Ch 44 Understanding the

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**Maternity, Newborn, and Women's Health Nursing** Susan A. Orshan, 2008 This new book will be a core text for undergraduate Maternity Newborn courses It also will work for courses emphasizing Women s Health across the lifespan Coverage includes core content on preconception pregnancy labor birth and postpartum In addition the text focuses on important topics throughout a woman s life health promotion nutrition medical issues psychosocial issues sexuality family fertility control and issues menopause and aging While other texts touch on the different stages of a woman s lifespan this book provides more detail and information in areas outside the average maternity text



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