#### PHYSICAL ASSESSMENT EXAMINATION STUDY GUIDE

#### Nursing Assessment

- Part of Nursing Process
- Nurses use physical assessment skills to:
  - 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 dinical judgments

#### Gathering Data

Subjective data - Said by the dient (S) Objective data - Observed by the nurse (O)

Document: SOAPIER

#### Assessment Techniques:

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

#### A. Inspection - critical observation "always first"

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

#### B. Palpation - light and deep touch

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

#### C. Percussion - sounds produced by striking body surface

- Produces different notes depending on underlying mass (dull, resonant, flat, tympanic)
- 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
- Indirect auscultation uses stethoscope
- 3. Know how to use stethoscope properly (practice skill)
- Fine-tune your ears to pick up subtle changes [practice skill]
- 5. Describe sound characteristics (frequency, pitch intensity, duration, quality) [practice skill]
- Flat diaphragm picks up high-pitched respiratory sounds best.
- Bell picks up low pitched sounds such as heart murmurs.
- 8. Practice using BOTH diaphragms

# **Sample Nursing Physical Assessment Documentation**

**Lynda Juall Carpenito-Moyet** 

# **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 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 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 pratitioners 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

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Seidel's Guide to Physical 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 asepsis 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 quide 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 Mental **Health and Psychiatric Nursing** Janet L. Davies, Ellen Hastings Janosik, 1991 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 **Nursing Documentation** Ellen Thomas Eggland, Denise Skelly Heinemann, 1994 Focuses on the communication skills that are the key to good Handbook of Home Health Care Administration Marilyn D. Harris, 1997 Table of Contents Foreword documentation 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

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