

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/IER

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

Nln Rn Achievement Test Physical Assessment

Michael Brown



Nln Rn Achievement Test Physical Assessment:

Decoding **Nln Rn Achievement Test Physical Assessment**: Revealing the Captivating Potential of Verbal Expression

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Table of Contents **Nln Rn Achievement Test Physical Assessment**

1. Understanding the eBook **Nln Rn Achievement Test Physical Assessment**
 - The Rise of Digital Reading **Nln Rn Achievement Test Physical Assessment**
 - Advantages of eBooks Over Traditional Books
2. Identifying **Nln Rn Achievement Test Physical Assessment**
 - 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 **Nln Rn Achievement Test Physical Assessment**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **Nln Rn Achievement Test Physical Assessment**
 - Personalized Recommendations
 - **Nln Rn Achievement Test Physical Assessment** User Reviews and Ratings
 - **Nln Rn Achievement Test Physical Assessment** and Bestseller Lists

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