


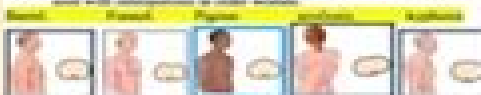
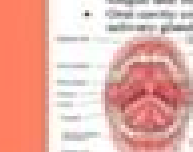






# Physical Assessment Study Guide (42 pages)

## NURSING STUDY GUIDE



	<ul style="list-style-type: none"> <li>• <b>Yerscher sounds:</b> listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position left over the first and spine</li> </ul> 		
<p><b>Pericardium</b></p>	<ul style="list-style-type: none"> <li>• Percuss for tone.</li> <li>• Percuss the apex or height of the heart by determining its left and upper borders.</li> <li>• Percuss the apices.</li> <li>• Perform blunt percussion over the kidneys.</li> </ul> 	<p><b>Palpation</b></p> <ul style="list-style-type: none"> <li>• Apply light pressure over the client's chest with your left hand while palpating with the right. This encourages the client to relax the abdominal muscles during breathing against normal movement.</li> </ul> 	<p><b>Thoracic deformities and compensations</b></p> <ul style="list-style-type: none"> <li>• Barrel chest - may be congenital</li> <li>• pectus excavatum (Sternal chest) may curved and or depress other organs in chest</li> <li>• pectus carinatum (goose breast) - may result in greater than normal lung capacity - if leading excessive ventilation</li> <li>• scoliosis</li> <li>• Kyphosis - exaggerated increase rounding of thoracic spine often associated with osteoporosis in older adults</li> </ul> 
<p><b>Considerations for palpating the abdomen</b></p>	<ul style="list-style-type: none"> <li>• Avoid touching tender or painful areas until last and measure the client of prior assessments.</li> <li>• Perform light palpation before deep palpation to detect tenderness and superficial masses.</li> <li>• Keep in mind that the normal abdomen may be tender, especially in the areas over the spleen (penosa, liver), some lower pole of the kidneys, gas filled stomach, intestinal colic, etc.</li> </ul> 	<p><b>Palpation</b></p> <ul style="list-style-type: none"> <li>• Perform light palpation: apices, 1 cm deep</li> <li>• Deeply palpate all quadrants to determine abdominal masses (deeper masses: apices, 3-4 cm deep)</li> <li>• Palpate for masses.</li> <li>• Palpate the umbilicus and surrounding area for tenderness, or masses.</li> <li>• Palpate:             <ul style="list-style-type: none"> <li>o Aorta</li> <li>o Liver</li> <li>o Spleen</li> <li>o Kidneys</li> <li>o Urinary bladder (not best able)</li> </ul> </li> </ul> 	<p><b>Thoracic deformities and compensations</b></p> <ul style="list-style-type: none"> <li>• Tenderness in pain at the costochondral junction of ribs is seen with rheumatism, especially in older clients with osteoporosis.</li> <li>• Older adults may experience dyspnea with exertion related to aging of lungs (Loss of elasticity, Arterio-sclerotic capillaries, loss of capillaries)</li> <li>• Chest pain related to pleuritis may be absent in older people cause of age-related alterations.</li> <li>• Ability to cough effectively may decrease because of weaker muscles and movement rigidity on thoracic wall.</li> <li>• Deep breathing may be difficult when are fatigued easily</li> <li>• It's difficult to compare to older pts.</li> <li>• Older pts. Thoracic response is decreased due to calcification of costal cartilages and loss of accessory intercostals.</li> <li>• The apices and ribs may be more prominent in older clients because of loss of subcutaneous fat.</li> </ul>
	<p><b>Thoracic structures of breast</b></p> <ul style="list-style-type: none"> <li>• Also known as areola</li> <li>• Formed by the tips, ducts, hard and soft glands, veins, and nerves and its ducts</li> <li>• One cavity contains major, milk, gland and openings of accessory glands</li> </ul> 	<p><b>Values of the vascular hemodynamics and their functions</b></p> <ul style="list-style-type: none"> <li>• Effects voluntary, reflexed system (left side take a side body, and right side take controls half side for</li> <li>• Influences communication, emotions, intellect, and judgment and behavior.</li> <li>• Controls those areas which is responsible for space</li> </ul> 	<p><b>Brain structures of brain</b></p> <ul style="list-style-type: none"> <li>• Effects voluntary, reflexed system (left side take a side body, and right side take controls half side for</li> <li>• Influences communication, emotions, intellect, and judgment and behavior.</li> <li>• Controls those areas which is responsible for space</li> </ul> 

# Nln Health Assessment Study Guide

**Annelies Wilder-Smith**



## **Nln Health Assessment Study Guide:**

The Top Books of the Year Nln Health Assessment Study Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Nln Health Assessment Study Guide :

Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed.

Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery.

Nln Health Assessment Study Guide : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting.

These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered.

The novel begins with Richard Pappen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts.

The Secret History is a exceptional and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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