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)

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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, are as 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

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Patrick Vollmar

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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 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 <u>Lippincott's Nursing Procedures</u>, 2009 The newly revised fifth edition of this popular reference is a start to finish quide 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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