

PHYSICAL ASSESSMENT: HEAD TO TOE

Physical assessment

- Is a process by which a nurse obtains a data that describes a person's responses to actual or potential health problems which is analyzed to form pertinent diagnosis.
- Is a head-to-toe review of each body system that offers objective information about the client and allows the nurse to make clinical judgment.

Importance of physical assessment

- To early detect and treat diseases and disorders.
- To identify actual and potential health problems.
- To establish a data based from which the subsequent phases of the nursing evolve.
- To assess the client's impact of activity and exercise on the client's overall level of health.
- To assess the client's routine exercise pattern and observe how the client's body system response to activity and exercise.
- To establish the client-nurse relationship.
- To obtain information about the client's health including, physiologic, psychological, socio-cultural, cognitive, developmental and spiritual aspects.
- To identify the client's strength and weaknesses.

Purpose of physical assessment

- To supplement, confirm or refute data obtained in the nursing history.
- To confirm and identify nursing diagnosis.

- To make clinical judgments about a client's changing health status and management.
- To evaluate the physiological outcome of care.
- To obtain and gather data about the client's health basis of data for future assessment.
- An excellent way to evaluate an individual's current health status.

Four basic techniques in physical assessment

1. Inspection

- It is the use of one's senses of vision and smell to consciously observe the patient.
- It is also known as concentrated watching.
- It is a close, careful scrutiny; first of the individual as a whole and then of each body system.

2. Palpation

- It is the act of touching a patient in a therapeutic manner to elicit specific information.
- It follows and often confirms points you noted during inspection.

Palpation applies your sense of touch to assess these factors

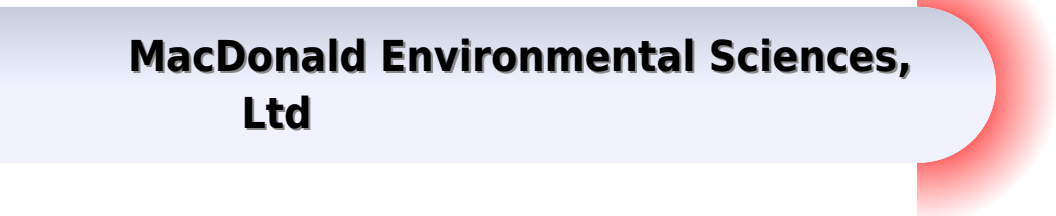
- Texture
- Temperature
- Moisture
- Organ location and size
- Any swelling, vibration or pulsation
- Rigidity or spasticity
- Crepitation
- Presence of lumps or masses
- Presence of tenderness or pain.

Two distinct types of palpation

a. Light palpation

Physical Assessment Guide Florida

**MacDonald Environmental Sciences,
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Physical Assessment Guide Florida:

Pocket Guide to Physical Assessment Carol Lynn Cox, 2019-07-22 A concise quick reference handbook on history taking and physical examination Pocket Guide to Physical Assessment is a compact yet comprehensive reference for students and practitioners alike employing a step by step framework for effective patient assessment diagnosis and planning of care This valuable guide covers topics including cardiovascular respiratory neurological and musculoskeletal system examinations patient interviews history taking and general health assessments Clear diagrams and checklists illustrate key points while easy to follow instructions and concise descriptions of clinical situations and diseases aid in clinical decision making Compact pocket sized guide that contains only the essential information for physical assessment Instructs readers on best clinical practice and how to present and communicate cases Develops and improves necessary skills for physical clinical examinations Ideal for use on the ward or as a companion to the accompanying textbook Physical Assessment for Nurses and Healthcare Professionals Pocket Guide to Physical Assessment is an invaluable reference for healthcare students newly qualified and advanced nurse practitioners and allied health practitioners *Internet Resources For Nurses* Joyce J. Fitzpatrick, 2003 This new edition of the award winning guide to the web for nurses is nearly double in size and twice as useful Expert nurses in more than 50 content areas have carefully selected and reviewed nearly 400 web sites available in their specialty areas resulting in an authoritative guide to the best the web has to offer for the professional nurse Each web description includes a summary of the site intended audience sponsor level of information and relevance to nurses The book also indicates sites which can be referred to patients **National Library of Medicine Audiovisuals Catalog** National Library of Medicine (U.S.), Bates' Pocket Guide to Physical Examination and History Taking SAE Neeraj Nischal, Karan Madan, 2020-05-01 South Asian edition of Bates Pocket Guide to Physical Examination and History Taking provides authoritative guidance on how to perform the patient interview physical examination and other core assessments as well as how to apply clinical reasoning and use shared decision making in a quick reference format This highly regarded pocket guide includes illustrated step by step techniques for physical examination in a two column format featuring examination techniques on the left and abnormalities clearly indicated in red with differential diagnoses on the right Key Features Significantly revised information on obesity and nutrition counseling essential clinical updates and screening guidelines on cardiovascular risk factors breast cancer colon cancer Papanicolaou smears stroke risk factors and new geriatric assessment tools Illustrated clinical manifestations of skin hair and nail diseases which provide the framework for assessing common lesions and abnormalities Dedicated new segments on evidence based medicine breaking bad news to patients using the SPIKES protocol and South Asian perspective of obesity metabolic psychiatric disorders tobacco alcohol use and its relevance on socioeconomic and demographic history to keep pace with recent advances and growing concerns Inclusion of Diagnostic Guidelines for rheumatic heart disease and syndromic management of sexually transmitted diseases as recommended by

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