

# Physical Assessment Study Guide (42 pages)

## NURSING STUDY GUIDE



	<ul style="list-style-type: none"> <li>• <b>Yugmilar sounds:</b> listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position bell 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 sternum with your left hand while palpating with the right. This encourages the client to relax the abdominal muscles during breathing against normal resistance.</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 (funnel chest) - may curved and or depress other organs in chest</li> <li>• pectus carinatum (pigeon breast) - may result in greater than normal lung capacity - if leading excessive exercise</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's vital signs.</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 mass, subtle 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 rectal distal)</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, fewer functioning capillaries, loss of surfactant)</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 movements.</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, and soft glands, areola, and nipple and its ducts</li> <li>• One areola contains major, milk, pores 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 wide 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 speech</li> </ul> 	<p><b>Thoracic structures of brain</b></p> <ul style="list-style-type: none"> <li>• Effects voluntary, reflexed system (left side take a wide 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 speech</li> </ul> 

# Nln Health Assessment Study Guide

**Jin-Ying Zhang**



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

## Decoding **Nln Health Assessment Study Guide**: Revealing the Captivating Potential of Verbal Expression

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