

PHYSICAL ASSESSMENT EXAMINATION STUDY GUIDE

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/ER

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

Sample Nursing Physical Assessment Documentation

Marcia Stanhope, Ruth N. Knollmueller

Sample Nursing Physical Assessment Documentation:

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.

Health 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.

Home Health Nursing Manual Sunny Sutton, 1988 The whys and hows of charting for home health care.

Nursing Documentation Sue Meiner, 1999-05-06 Focusing on the legal implications in the US, this book is designed to meet the needs of professional and student nurses in determining how they should be recording their practice.

The Continuum of Care Clinical Documentation Sourcebook Chris E. Stout, 1999-11-17 All the forms, handouts and records you need to meet the paperwork requirements of the managed care era. In an era of third party accountability, your professional survival could hinge on your ability to comply with the documentation requirements of insurers and regulatory agencies. Written by an experienced clinician who has trained thousands of mental health professionals in effective clinical documentation, this sourcebook helps you minimize the potential for billing disputes or worse by arming you with the full retinue of required forms, checklists and records. An indispensable resource for mental health professionals working in inpatient, partial hospitalization, day treatment and/or residential treatment programs. *The Continuum of Care Clinical Documentation Sourcebook* is the only book that brings together sample documents covering all stages of treatment from intake and admission to outcome assessment. Ready to use blank forms, handouts and records make it easy to satisfy the paperwork demands of HMOs, insurers and regulatory agencies. Completed copies of forms illustrate the exact type of information required. Clear, concise explanations of the

purpose of each form including when it should be used with whom and at what point Forms may be copied from the book or customized on the included disk Nursing Documentation Ellen Thomas Eggland,Denise Skelly Heinemann,1994 Focuses on the communication skills that are the key to good documentation **Health Assessment for Nursing Practice** Susan Fickertt Wilson,Jean Foret Giddens,2001 **HEALTH ASSESSMENT FOR NURSING PRACTICE** second edition effectively presents nursing focused physical assessment in an appealing and consistent format Organized by body system each chapter contains sections on anatomy and physiology health history step by step examination procedures normal to abnormal findings and common problems and conditions This new edition includes risk factor boxes summary of findings tables clinical applications and critical thinking exercises and updated content on nutritional assessment Four new chapters cover mental health comfort and pain sleep and rest and the pregnant client making this text a complete reference for learning health assessment Numerous full color illustrations depict examination procedures and normal and abnormal findings **Health & Physical Assessment** Violet Barkauskas,1998 Written by an all nurse author team **Health and Physical Assessment** presents a comprehensive approach to health assessment in which client health rather than a diagnosis is the focus In this book the client is perceived as a total entity rather than as an individual with a specific problem that the practitioner must diagnose Assessing health and identifying health strengths are emphasized and related to promoting and improving peoples health This edition features a new introductory chapter on clinical reasoning in determining health status giving readers an overview of the process of health assessment *Davis's Clinical Guide to Health Assessment* Patricia Gonc Morton,1995 Revised and expanded this second edition gives all the information nurses need to assess clients quickly thoroughly and confidently In it they will find every important assessment detail and a wealth of assessment procedures checklists lists of assessment equipment needed for each system easy to review charts of normal values for common laboratory tests all new appendices a comprehensive master glossary and more Health Assessment & Physical Examination Mary Ellen Zator Estes,2006 Explains the process of holistic assessment in nursing covering physical assessment skills clinical examination techniques and patient teaching guidelines and includes nursing tips case studies review questions and references

Handbook of Community-based and Home Health Nursing Practice Marcia Stanhope,Ruth N. Knollmueller,2000 This portable easy to use reference is filled with resource materials for nurses and nursing students providing care in a community based setting This comprehensive reference provides 295 tools and reference documents including assessment tools for different developmental stages nutrition guides cultural assessment instruments and clinical decision making guides This wealth of information enables the community and public health nurse to provide effective care for individuals families and entire groups in the community **Quality Documentation for Long-term Care** Marilyn J. Rantz,Tari Vinz Miller,1993 This manual offers a quality documentation system using nursing diagnosis developed specifically for long term care it provides practical quality tools to guide professional nurses and interdisciplinary staff members in meeting

documentation requirements under OBRA 87 *In-home Assessment of Older Adults* Charles A. Emlet,1996 Comprehensive formalized interdisciplinary geriatric assessment is the key to providing effective service to older adults living in the community There has been amazing growth in the number of geriatric assessment tools the number and variety of professionals conducting assessments and the use of these assessments in long term care Edited by a social worker occupational therapist nurse and physical therapist this bestselling book reflects the fact that accurate in home assessment is necessary in order to quantify an older adult s medical status psychosocial well being and functional capabilities Ideal for use by students and field practitioners this book contains case examples assessment tools and practical suggestions that make it a favorite across disciplines *Instructor's Manual to Maternal, Neonatal and Women's Health Nursing* Carole A. Kenner,Hollingsworth,1991 Health Assessment Jill Fuller,Jennifer Schaller-Ayers,1994 Practical Guide to Health Assessment Through the Lifespan Mildred O. Hogstel,Rhonda Keen-Payne,1996 Communication interviewing and teaching techniques are based on age ethnicity and literacy integrated in each system This book includes expanded information on psychological functional and mental status assessment It contains expanded cultural and ethnical components especially African American Hispanic and Asian added to health history and physical assessment of each system Illustrated Nursing Care Plans & Documentation Lynda Juall Carpenito,1999 his one of a kind text covers every aspect of independent nursing care it s a must have resource for every practicing and student nurse Content includes nursing care plans for the care of all adults regardless of their clinical situation detailed care plans for specific clinical problems collaborative problems and nursing diagnoses and a strong emphasis on documentation It also includes research validated identification of frequently encountered nursing diagnoses and collaborative problems This edition contains 15 new care paths for common diseases disorders *Tabbner's Nursing Care* Gabby Koutoukidis,Rita Funnell,Karen Lawrence,Jodie Hughson,Kate Stainton,2009 Tabbner s Nursing Care Theory and Practice is the only Australian and New Zealand textbook written specifically for the enrolled nurse student The new 5th edition of this best selling text has been fully revised and updated throughout to reflect the content of the new National Curriculum Unit 1 The evolution of nursing Unit 2 The health care environment Unit 3 Cultural diversity and nursing practice Unit 4 Promoting psychosocial health in nursing practice Unit 5 Nursing individuals throughout the lifespan Unit 6 The nursing process Unit 7 Assessing health Unit 8 Important component of nursing care Unit 9 Health promotion and nursing care of the individual Appendices Provided by publisher The Manual of Nursing Quality Assurance Howard S. Rowland,Beatrice L. Rowland,1987 The Manual of Nursing Quality Assurance is an encyclopedic source that covers every facet of nursing quality assurance Not a theoretical manual it represents the actual working experience of the nations finest nursing departments and QI experts with proven approaches and practical techniques and procedures that work in the real world The manual has hundreds of specific forms checklists and procedures developed and scrutinized by QI administrators professional associations major medical libraries and government agencies Transparency Acetates T/A

Nurse Assisting Mary Stassi,2004-08-30 This exciting new text covers all of the essential content and skills required for basic Nurse Assisting courses in a unique and innovative style All the information is divided neatly into columns which prioritizes key concepts for readers in the main column so they can concentrate on the most important topics Streamlined procedures are presented in a 2 column format with illustrations right next to the steps and with over 1 000 photographs and drawings students find this text visually stimulating Students will also uncover all the tips and techniques safety topics and federal guidelines they need to be able to work in any setting

Sample Nursing Physical Assessment Documentation Book Review: Unveiling the Power of Words

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