

## **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/IER

## **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

# Nln Physical Assessment Exam Study Guide

**Richard C. Sweetland**



## **Nln Physical Assessment Exam Study Guide:**

*Review Guide for RN Pre-entrance Exam* Mary McDonald, 2004 A valuable resource for all prospective nursing students this comprehensive study guide provides a thorough review for students preparing to take a nursing school entrance exam

**Review Guide for RN Pre-Entrance Exam** National League for Nursing, National League for Nursing. Testing Division, 2009-09-29 One CD ROM disc in pocket *Review Guide for LPN/LVN Pre-entrance Exam* National League for Nursing, Natl League Nursing, 2008-09-12 Providing an overview of the math science and reading comprehension skills necessary for admission to LPN programs this bestselling guide includes multiple choice questions and practice examinations in each of the three test areas **Test Catalog Nursing Practice Assessment Series**, 1998 [Review Guide for LPN-LVN Pre-entrance Exam](#) Mary McDonald, 2003-11 Contains over 1000 updated practice questions Includes new content for review of all exam areas verbal math and science **Pediatric Nurse Practitioner Certification Review Guide** Silbert-Flagg, Elizabeth D. Sloand, 2015-10-02 Review Guides Certification Prep Pocket Guides [Guide to Programs in Nursing in Four-year Colleges and Universities](#) Ruth Lamothe, American Council on Education, 1987 *Registered Nursing and Practical/vocational Nursing Test Catalog*, 1999 **Peterson's Annual Guides to Graduate Study**, 1983 **Official Guide to Undergraduate Nursing Schools**, 2000 An NLN publication including profiles of two year three year and four year nursing schools **Certified Nurse Educator (CNE®) and Certified Nurse Educator Novice (CNE®n) Exam Prep - E-Book** Donna D. Ignatavicius, 2022-11-16 Approx 318 pages Introductory chapter provides essential orientation to the CNE and CNE n Exams Right sized content review for each of the eight CNE and CNE n competencies provides focused need to know review content for more efficient study A robust collection of CNE and CNE n review questions for each of the eight competencies provides formative self assessment for the CNE and CNE n Exams Concluding Planning for Success on the CNE and CNE n Exam chapter provides essential study and preparation tips as faculty prepare to take the CNE and CNE n Exams Comprehensive Practice Exam provides authentic practice for the CNE and CNE n Exams Answer Keys for both the chapter ending CNE and CNE n Practice Questions and the Comprehensive Practice Exam provide correct answers and rationales for self remediation Fully interactive quizzing engine on the Evolve companion website provides all the book's questions in Quiz Mode and Exam Mode for a virtually unlimited number of auto generated practice tests **Tests** Richard C. Sweetland, 1991 Provides descriptive information on some 3 200 tests for the benefit of test evaluators and others who need to determine if a test suits their purposes Each entry includes test name and author an indication of the population for which the test is intended how the test is administered major features of the test how the test is timed and scored pricing and availability information and publisher and distributor Cross referenced and indexed eight ways Distributed by Gale Research Annotation copyrighted by Book News Inc Portland OR [Nursing & Health Care](#), 1991 **Official Guide to Undergraduate and Graduate Nursing Schools**, 2000 CD contains in depth descriptions of each school search by state

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## **Table of Contents Nln Physical Assessment Exam Study Guide**

1. Understanding the eBook Nln Physical Assessment Exam Study Guide
  - The Rise of Digital Reading Nln Physical Assessment Exam Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Nln Physical Assessment Exam Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nln Physical Assessment Exam Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nln Physical Assessment Exam Study Guide
  - Personalized Recommendations
  - Nln Physical Assessment Exam Study Guide User Reviews and Ratings
  - Nln Physical Assessment Exam Study Guide and Bestseller Lists
5. Accessing Nln Physical Assessment Exam Study Guide Free and Paid eBooks
  - Nln Physical Assessment Exam Study Guide Public Domain eBooks
  - Nln Physical Assessment Exam Study Guide eBook Subscription Services
  - Nln Physical Assessment Exam Study Guide Budget-Friendly Options
6. Navigating Nln Physical Assessment Exam Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Nln Physical Assessment Exam Study Guide Compatibility with Devices
- Nln Physical Assessment Exam Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nln Physical Assessment Exam Study Guide
  - Highlighting and Note-Taking Nln Physical Assessment Exam Study Guide
  - Interactive Elements Nln Physical Assessment Exam Study Guide
- 8. Staying Engaged with Nln Physical Assessment Exam Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nln Physical Assessment Exam Study Guide
- 9. Balancing eBooks and Physical Books Nln Physical Assessment Exam Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nln Physical Assessment Exam Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Nln Physical Assessment Exam Study Guide
  - Setting Reading Goals Nln Physical Assessment Exam Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nln Physical Assessment Exam Study Guide
  - Fact-Checking eBook Content of Nln Physical Assessment Exam Study Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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