

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)

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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

NIn Physical Assessment Exam Study Guide

Richard C. Sweetland

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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

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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

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