


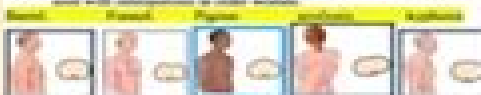






# Physical Assessment Study Guide (42 pages)

## NURSING STUDY GUIDE



	<ul style="list-style-type: none"> <li>• <b>Yerscher sounds:</b> listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position left 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 chest with your left hand while palpating with the right. This encourages the client to relax the abdominal muscles during breathing against normal movement.</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 (goose breast) - may result in greater than normal lung capacity - if leading excessive ventilation</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, pancreas, liver, and lower pole of the kidneys, gas-filled stomach, intestinal surface.</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 masses (deeper palpation: apices, 2-4 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 best able)</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 cartilage and loss of accessory movements.</li> <li>• The apices and ribs may be more prominent in older adults 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, skilled actions (left side take a wide body, and right side take controls left 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, skilled actions (left side take a wide body, and right side take controls left side for</li> <li>• Influences communication, emotions, intellect, and judgment and behavior.</li> <li>• Controls those areas which is responsible for speech</li> </ul> 

# Pbds Assessment Study Guide Cleveland Clinic

**Yicheng Fang**



## **Pbds Assessment Study Guide Cleveland Clinic:**

The book delves into Pbds Assessment Study Guide Cleveland Clinic. Pbds Assessment Study Guide Cleveland Clinic is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Pbds Assessment Study Guide Cleveland Clinic, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Pbds Assessment Study Guide Cleveland Clinic
    - Chapter 2: Essential Elements of Pbds Assessment Study Guide Cleveland Clinic
    - Chapter 3: Pbds Assessment Study Guide Cleveland Clinic in Everyday Life
    - Chapter 4: Pbds Assessment Study Guide Cleveland Clinic in Specific Contexts
    - Chapter 5: Conclusion
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  6. In chapter 5, the author will draw a conclusion about Pbds Assessment Study Guide Cleveland Clinic. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Pbds Assessment Study Guide Cleveland Clinic.

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