


Physical Assessment Study Guide (42 pages)

NURSING STUDY GUIDE



	<ul style="list-style-type: none"> • Yugmilar sounds: listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position left over the first and spine 		
<p>Pericardium</p>	<ul style="list-style-type: none"> • Percuss for tone. • Percuss the apex or height of the heart by determining its left and upper borders. • Percuss the apices. • Perform blunt percussion over the kidneys. 	<p>Palpation</p> <ul style="list-style-type: none"> • 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. 	<p>Thoracic deformities and compensations</p> <ul style="list-style-type: none"> • Barrel chest - may be congenital • pectus excavatum (funnel chest) may curved and or depress other organs in chest • pectus carinatum (pigeon breast) - may result in greater than normal lung capacity - if leading excessive exercise • scoliosis • Kyphosis - exaggerated increase rounding of thoracic spine often associated with osteoporosis in older adults 
<p>Considerations for palpating the abdomen</p>	<ul style="list-style-type: none"> • Avoid touching tender or painful areas until last and measure the client's vital signs. • Perform light palpation before deep palpation to detect tenderness and superficial masses. • 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, are filled vessels, vascular surface. 	<ul style="list-style-type: none"> • Perform light palpation: apices, 1 cm deep • Deeply palpate all quadrants to determine abdominal mass, subtle masses: apices, 3-4 cm deep • Palpate for masses. • Palpate the umbilicus and surrounding area for tenderness, or masses. • Palpate: <ul style="list-style-type: none"> o Aorta o Liver o Spleen o Kidneys o Urinary bladder (not best able) 	<p>Abdominal assessment</p> <ul style="list-style-type: none"> • Inspect abdomen on end view • Inspected by the top, flanks, head and left palm, right, and right and its muscles • Observe symmetry, shape, contour, and position of abdominal organs  <p>Values of the vascular hemodynamics and their functions</p> <ul style="list-style-type: none"> • Effects voluntary, distal system (left side into a side body, and right side into venous half side for • Influences communication, emotions, intellect, and judgment and behavior. • Controls blood flow which is responsible for speed <p>Pericardium</p> <ul style="list-style-type: none"> • Pericardium: fluid-filled sac surrounding the heart, pain, shape and two-point discrimination. <p>Pericardium</p> <ul style="list-style-type: none"> • Pericardium: fluid-filled sac surrounding the heart, pain, shape and two-point discrimination. <p>Pericardium</p> <ul style="list-style-type: none"> • Pericardium: fluid-filled sac surrounding the heart, pain, shape and two-point discrimination.
	<p>Structure of thorax</p> <ul style="list-style-type: none"> • Also known as the pleurae • Located between the lungs and the chest wall - a membrane covering the lungs and the • Mesothoracic, mediastinal, and pericardial • Membranes of lymphatic tissue: pleural cavity • Lung tissue • Pleural cavity (between) 	<p>Structure of brain</p> <ul style="list-style-type: none"> • Effects voluntary, distal system (left side into a side body, and right side into venous half side for • Influences communication, emotions, intellect, and judgment and behavior. • Controls blood flow which is responsible for speed 	<p>Neurological system</p> <ul style="list-style-type: none"> • Effects voluntary, distal system (left side into a side body, and right side into venous half side for • Influences communication, emotions, intellect, and judgment and behavior. • Controls blood flow which is responsible for speed 

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