#### PHYSICAL ASSESSMENT EXAMINATION STUDY GUIDE

#### Nursing Assessment

- Part of Nursing Process
- Nurses use physical assessment skills to:
  - 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 dinical judgments

#### Gathering Data

Subjective data - Said by the dient (S) Objective data - Observed by the nurse (O)

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#### Assessment Techniques:

The order of techniques is as follows (Inspect - Palpation - Percussion - Auscultstion) except for the abdomen which is Inspect - Auscultation - Percuss - Palpate.

#### A. Inspection - critical observation "always first"

- Take time to "observe" with eyes, e.ars, nose (all senses)
- Use good lighting
- Look at color, shape, symmetry, position
- 4. Observe for odors from skin, breath, wound
- Develop and use nursing instincts
- 6. Inspection is done alone and in combination with other assessment techniques.

#### B. Palpation - light and deep touch

- Back of hand (dorsal aspect) to assess skin temperature
- 2. Fingers to assess texture, moisture, areas of tendemess
- 3. Assess size, shape, and consistency of lesions and organs
- Deep = 5-8 cm (2-3") deep; Light = 1 cm deep

#### C. Percussion - sounds produced by striking body surface

- Produces different notes depending on underlying mass (dull, resonant, flat, tympanic).
- 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
- Indirect auscultation uses stethoscope
- 3. Know how to use stethoscope properly (practice skill)
- Fine-tune your ears to pick up subtle changes [practice skill]
- 5. Describe sound characteristics (frequency, pitch intensity, duration, quality) [practice skill]
- Flat diaphragm picks up high-pitched respiratory sounds best.
- Bell picks up low pitched sounds such as heart murmurs.
- 8. Practice using BOTH diaphragms

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