

Health Assessment Study Guide

Health History

1. Define health and health assessment
 - a. Health: a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
 - b. Health assessment: health history - gather data from the patient/or family, past medical records, physical and psychological issues, social and cultural associations, environment, developmental level, and spiritual beliefs contributes to the history. Purpose: determine a patient's health status, risk factors, and need for education as a basis for developing a nursing plan of care
2. Differentiate between sign/symptom, subjective/ objective data
 - a. Sign is objective, what the practitioner observes. (color of skin, nails bed, mass on abdomen)
 - b. Symptom is subjective, what the patient reports (pain, headache)
3. Understand and demonstrate when to use open vs closed ended questions
 - a. Open the interview with a broad, open-ended question
 - b. End interview with close-ended questions (think cone)
4. Explain the components of the health assessment
 - a. Health history - interview
 - b. Physical exam
 - c. Purpose: determine a patient's health status, risk factors, and need for education as a basic for developing a nursing plan of care
 - d. Structure/order of the history:
 - i. The identifiers: name, date, age, time, gender, race, occupation, referral source, marital status, relationship status
 - ii. Chief complaint
 - iii. History of present illness
 1. OLDCART
 - iv. Past medical history
 1. Adult medical illness, surgery-procedures, childhood illnesses, trauma, more recent PE-screening. Last menstrual period, meds, allergies, transfusions, emotional status
 - v. Family history
 - vi. Personal and social history - personal status, habits, sexual history, home conditions, occupation, environment, military record, religious preference, access to care, sleep pattern, exercise, living situation, work environment/occupational history, relaxation, hobbies, nutrition, tobacco (PPD),

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Mike Jess



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The Top Books of the Year Health Assessment Study Guide Questions The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. Health Assessment Study Guide Questions : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Health Assessment Study Guide Questions : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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