

**Physical Assessment**  
**Inspect-Auscultate-Percuss-Palpate**

10/23/2022

<p><b>Vital Signs</b>  <b>T-P-R-BP-AP-SpO2</b>  <b>Mental Status</b></p> <ol style="list-style-type: none"> <li>State of Awareness             <ol style="list-style-type: none"> <li>Alert</li> <li>Orientated-person, place, time, events</li> <li>Confusion</li> <li>combative</li> <li>lethargic</li> <li>coma</li> </ol> </li> <li>Mood-ex smiling, frowning etc.</li> <li>Speech             <ol style="list-style-type: none"> <li>clear</li> <li>slurred</li> <li>absent</li> </ol> </li> </ol> <p><b>Neuro-Head &amp; Neck</b></p> <ol style="list-style-type: none"> <li>Eyes- PERRLA             <ol style="list-style-type: none"> <li>Pupil Size-mm</li> <li>Pupil Movement</li> <li>drainage</li> <li>Vision</li> </ol> </li> <li>GCS - 3-15 total             <ol style="list-style-type: none"> <li>Eye open 1-4</li> <li>Motor 1-6</li> <li>Verbal 1-5</li> </ol> </li> <li>Facial symmetry/drooping</li> <li>Swallowing</li> <li>Following commands</li> <li>Grip &amp; foot presses             <ol style="list-style-type: none"> <li>Strength (weak/strong)</li> <li>Equal/unequal</li> </ol> </li> <li>Ears/hearing             <ol style="list-style-type: none"> <li>drainage</li> </ol> </li> <li>Aides - hearing, vision</li> <li>Nose - drainage</li> <li>Mouth             <ol style="list-style-type: none"> <li>Membranes color</li> <li>moist/dry</li> <li>ulcers</li> <li>pain</li> <li>teeth/dentures</li> </ol> </li> <li>Neck             <ol style="list-style-type: none"> <li>Veins-                     <ol style="list-style-type: none"> <li>flat</li> <li>distended</li> </ol> </li> <li>Lymph nodes                     <ol style="list-style-type: none"> <li>pain</li> <li>enlarged</li> </ol> </li> </ol> </li> </ol>	<p><b>Skin</b></p> <ol style="list-style-type: none"> <li>Color             <ol style="list-style-type: none"> <li>Approp for race</li> <li>Pallor</li> <li>Cyanosis</li> <li>Jaundice</li> <li>Rubor</li> </ol> </li> <li>Targor- seconds</li> <li>Temperature -warm/cool</li> <li>Moisture             <ol style="list-style-type: none"> <li>dry</li> <li>diaphoretic</li> </ol> </li> <li>Lesions/Scars/Sores             <ol style="list-style-type: none"> <li>color</li> <li>size</li> <li>shape</li> <li>location</li> <li>drainage</li> </ol> </li> <li>Edema             <ol style="list-style-type: none"> <li>Location</li> <li>Pitting/nonpitting</li> <li>amount</li> <li>+1,+2,+3,+4</li> </ol> </li> <li>Pressure Ulcers/Wounds             <ol style="list-style-type: none"> <li>location</li> <li>size</li> <li>stage (if appl.)</li> <li>description</li> </ol> </li> </ol> <p><b>Chest</b></p> <ol style="list-style-type: none"> <li>Lung sounds             <ol style="list-style-type: none"> <li>location</li> <li>clear</li> <li>crackles</li> <li>whooes</li> </ol> </li> <li>Cough             <ol style="list-style-type: none"> <li>frequency</li> <li>productive</li> <li>nonproductive</li> <li>pain</li> </ol> </li> <li>Sputum             <ol style="list-style-type: none"> <li>color</li> <li>consistency</li> <li>amount</li> </ol> </li> <li>Respirations             <ol style="list-style-type: none"> <li>rate</li> <li>rhythm</li> <li>dyspnea</li> <li>labored</li> <li>unlabored</li> </ol> </li> <li>Intercostal Retraction</li> <li>Breasts             <ol style="list-style-type: none"> <li>symmetrical</li> <li>dimpling</li> <li>nodules</li> <li>tenderness</li> <li>inverted nipples</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>Ribs             <ol style="list-style-type: none"> <li>shape</li> <li>pain</li> </ol> </li> </ol> <p><b>Cardio-Vascular</b></p> <ol style="list-style-type: none"> <li>Apical Pulse-1 minute             <ol style="list-style-type: none"> <li>regular/irreg</li> <li>Murmur</li> </ol> </li> <li>Radial Pulse             <ol style="list-style-type: none"> <li>Strength</li> <li>+1/weak/thready</li> <li>+2/normal</li> <li>+3/bounding</li> </ol> </li> <li>Capillary Refill             <ol style="list-style-type: none"> <li>seconds</li> </ol> </li> </ol> <p><b>Abdomen - GI Tract</b></p> <ol style="list-style-type: none"> <li>Nausea</li> <li>Emesis-describe             <ol style="list-style-type: none"> <li>amount</li> </ol> </li> <li>Diet &amp; amount intake</li> <li>Size &amp; Shape             <ol style="list-style-type: none"> <li>large</li> <li>round</li> <li>flat</li> <li>distended</li> </ol> </li> <li>Firm/Soft</li> <li>Bowel Sounds             <ol style="list-style-type: none"> <li>RUQ/RLQ/LUQ/LLQ</li> <li>present</li> <li>absent &gt;2 minutes</li> <li>hyperactive &gt; 20sec</li> <li>hyperactive &lt; 5sec</li> </ol> </li> <li>Bowel Elimination             <ol style="list-style-type: none"> <li>Last BM</li> <li>frequency</li> <li>consistency</li> <li>color</li> <li>smell/odor</li> <li>amount</li> </ol> </li> </ol> <p><b>GU</b></p> <ol style="list-style-type: none"> <li>Urinary Elimination             <ol style="list-style-type: none"> <li>Last voided</li> <li>Amount</li> <li>Color &amp; clarity</li> <li>Smell/Odor</li> <li>Burning</li> </ol> </li> <li>Disention</li> <li>Tenderness</li> </ol>	<p><b>Extremities</b></p> <ol style="list-style-type: none"> <li>Discoloration</li> <li>Legs- Varicose Veins</li> <li>Edema             <ol style="list-style-type: none"> <li>Pitting/nonpitting</li> <li>+1,+2,+3,+4</li> </ol> </li> <li>Muscle Strength             <ol style="list-style-type: none"> <li>0-5 scale</li> </ol> </li> <li>Pedal Pulses             <ol style="list-style-type: none"> <li>location</li> <li>reg/irreg</li> </ol> </li> <li>Pulse Strength             <ol style="list-style-type: none"> <li>+1/weak/thready</li> <li>+2/normal</li> <li>+3/bounding</li> </ol> </li> <li>Nails             <ol style="list-style-type: none"> <li>smooth</li> <li>soft/hard</li> <li>brittle</li> <li>clubbing</li> </ol> </li> <li>Homans Sign +/-</li> </ol> <p><b>Incisions/Dressings</b></p> <ol style="list-style-type: none"> <li>Location</li> <li>Drainage/Dry</li> <li>Intact</li> <li>Type dressing</li> <li>Suture/Staples</li> </ol> <p><b>Tubes/Drains-if applicable</b></p> <ol style="list-style-type: none"> <li>Foley catheter</li> <li>NG/PEG tube             <ol style="list-style-type: none"> <li>Feeding solution</li> <li>Rate</li> <li>Placement check</li> </ol> </li> <li>Surgical Drains             <ol style="list-style-type: none"> <li>Drainage</li> <li>Site</li> </ol> </li> </ol> <p><b>IV -if applicable</b></p> <ol style="list-style-type: none"> <li>Solution</li> <li>Rate</li> <li>Catheter size</li> <li>Site/Location             <ol style="list-style-type: none"> <li>red</li> <li>swelling</li> <li>induration</li> <li>pain</li> </ol> </li> </ol> <p><b>Dressing -dry &amp; intact</b></p> <p><b>Pain</b></p> <ol style="list-style-type: none"> <li>Location/Area</li> <li>Quantity</li> <li>Quality</li> <li>Frequency</li> </ol> <p><b>Functional Assessment if applicable</b></p> <ol style="list-style-type: none"> <li>ADL's</li> <li>Feeding</li> <li>Home environment             <ol style="list-style-type: none"> <li>Safety</li> </ol> </li> </ol>
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# Physical Assessment Guide

**Janet R Weber, RN Edd**



## **Physical Assessment Guide:**

**Pocket Guide to Physical Assessment** Carol Lynn Cox, 2019-07-22 A concise quick reference handbook on history taking and physical examination Pocket Guide to Physical Assessment is a compact yet comprehensive reference for students and practitioners alike employing a step by step framework for effective patient assessment diagnosis and planning of care This valuable guide covers topics including cardiovascular respiratory neurological and musculoskeletal system examinations patient interviews history taking and general health assessments Clear diagrams and checklists illustrate key points while easy to follow instructions and concise descriptions of clinical situations and diseases aid in clinical decision making Compact pocket sized guide that contains only the essential information for physical assessment Instructs readers on best clinical practice and how to present and communicate cases Develops and improves necessary skills for physical clinical examinations Ideal for use on the ward or as a companion to the accompanying textbook Physical Assessment for Nurses and Healthcare Professionals Pocket Guide to Physical Assessment is an invaluable reference for healthcare students newly qualified and advanced nurse practitioners and allied health practitioners

**Visual Guide to Physical Examination** Barbara Bates, Lynn S. Bickley, 2004-08-01 Bates Visual Guide to Physical Examination has been completely revised with new equipment techniques and modern settings for physical assessment With 6 new videos in addition to the 12 body system videos the Fourth Edition focuses on how to approach and communicate with patients to prepare for clinical practice Available in 4 convenient formats VHS PAL DVD and streaming video files each video provides 25 minutes of step by step examination footage with rationales Patients and examiners represent diverse age groups and cultures to provide students with a well rounded realistic view This revision features new emphasis on health history and documentation and communication and patient practitioner interaction For Institutional Prices please contact your LWW representative

**Nurses' Handbook of Health Assessment** Janet R. Weber, 2021-11-01 The perfect on the go companion to Health Assessment for Nursing 7th Edition this compact handbook gives students quick convenient access to the latest nursing assessment guidelines and findings in a see and do format ideal for today's fast paced nursing practice Streamlined step by step guidelines and full color illustrations detail everything students need to interview clients and conduct thorough physical assessments with ease

Health Assessment Guidance Manual United States. Agency for Toxic Substances and Disease Registry, 1990

Nurses' Handbook of Health Assessment Janet R. Weber, 2009-09-22 Renowned for its holistic perspective and see and do approach this full color pocket sized handbook offers step by step guidance on every phase of the nursing assessment for adults children and special populations The focus is on what nurses need to know to assess clients the health history physical examination normal and abnormal findings nursing interventions and nursing diagnoses This edition presents a complete update of all content and references and contains new chapters on mental status and assessing frail elderly clients

**Nurse's Handbook of Health Assessment** Janet R Weber, RN Edd, 2013-11-18 Renowned for its holistic

perspective and step by step approach this pocket size text takes you through every stage of the nursing assessment for adults and special populations The book s see and do guidance provides all that you need to perform a range of common assessment procedures with confidence      **Bates' Visual Guide to Physical Examination** Barbara Bates,Lynn S. Bickley,2004-08-01 Bates Visual Guide to Physical Examination has been completely revised with new equipment techniques and modern settings for physical assessment With 6 new videos in addition to the 12 body system videos the Fourth Edition focuses on how to approach and communicate with patients to prepare for clinical practice Available in 4 convenient formatsuVHS PAL DVD and streaming video filesueach video provides 25 minutes of step by step examination footage with rationales Patients and examiners represent diverse age groups and cultures to provide students with a well rounded realistic view This revision features new emphasis on health history and documentation and communication and patient practitioner interaction For Institutional Prices please contact your LWW representative      *Physical Assessment for Nurses and Healthcare Professionals* Carol Lynn Cox,2019-01-09 Physical Assessment for Nurses and Healthcare Professionals offers a practical and comprehensive guide to best clinical practice when taking patient history and physical examination This accessible text is structured in accordance with the competencies for advanced practice in assessment diagnosis and treatment as published by the RCN Following a systematic systems based approach to patient assessment it includes a summary of the key clinical skills needed to develop and improve clinical examination in order to confidently assess diagnose plan and provide outstanding care In this revised edition colour photographs and case studies have been included to assist health care practitioners in their assessment of the patient This important guide Includes a highly visual colour presentation with photographs and illustrations Features a wide range of key learning points to help guide practice Offers illustrative examples applications to practice and case studies Written for health care students newly qualified and advanced nurse practitioners and those in the allied health professions Physical Assessment for Nurses and Healthcare Professionals is the essential guide for developing the skills needed to accurately access patient history and physical examination      *Every Nurse's Guide to Physical Assessment* Billie J. Klaus,Peggy Raish,1987 This handy quick reference for nurses outlines the standard procedures for taking patients history and making physical assessments and inspections then applies these procedures to the body systems It supplies an in depth approach to the examination of the specific body systems as well as an introductory history to each system and a patient family education checklist Chapters cover individual systems and each chapter includes discussion of related pediatric adult and geriatric problems and special red flag section that highlights important information Small and pocket sized the book is well illustrated and thoroughly indexed      *Lab Manual for Health Assessment in Nursing* Janet R. Weber,Jane H. Kelley,Ann D. Sprengel,2013-11-25 Lab Manual for Health Assessment in Nursing 5e serves as a laboratory manual and a study guide for the student Each chapter of the lab manual corresponds to a chapter in the main textbook assisting students with comprehending and applying the theoretical content Students will fully

develop their assessment skills using the new interview guides and assessment guides Students will also develop independence and readiness for test taking by answering questions designed to hone these skills Critical thinking skills are further developed when students participate in the Critical Thinking and Case Study activities Clinical Pocket Guide for Health and Physical Assessment in Nursing Donita D'Amico, Colleen Barbarito, 2015-04-27 Clinical Pocket Guide for Health it guides the user through the steps of collecting health assessment data The focus of this text is comprehensive health assessment which includes the collection of subjective and objective data Subjective data encompasses both the patient's health history and the focused interview The nurse collects objective data during the physical assessment This is a student supplement associated with Health Physical Assessment in Nursing 3 e Donita D Amico Colleen Barbarito ISBN 0133876403

○○○○○○○○○○(○○○), 2008 *A Practical Guide to Health Assessment* Marilyn Shelley Leasia, 1997 This resource is a detailed how to guide to history taking and physical assessment from the specific complaint to the performing of a complete head to toe physical examination Organized by system each chapter begins with a summary of the anatomy and follows with a step by step explanation of the process used to assess that particular system The process includes a list of equipment required a discussion of complaints and symptoms an illustrated explanation of physical assessment techniques employed and a discussion of the nature and significance of normal and abnormal findings **ATSDR Public Health Assessment Guidance Manual** Edward J. Calabrese, 1992-06-09 ATSDR Public Health Assessment Guidance Manual describes the health assessment process as defined by ATSDR and clarifies the methodologies and guidelines that are used by ATSDR staff and agents in conducting health assessments This guide covers the individual steps for performing a health assessment and discusses how the health assessment report should be written in addition to the format in which it should be presented The guide will be a standard reference for anyone doing health assessments all federal agencies ground water and hazardous waste engineers and scientists public health professionals and libraries Jarvis's Physical Examination and Health Assessment Helen Forbes, Elizabeth Watt, 2015-11-16 The second edition of the leading Australian text Jarvis's Physical Examination and Health Assessment has been carefully revised and updated to reflect current skills critical to the practice of registered nurses in an Australian and New Zealand context Jarvis's Physical Examination and Health Assessment incorporates the most up to date research data clinical practice policies and procedures Authors Helen Forbes and Elizabeth Watt skillfully embed prominent nursing concepts throughout including patient centered care cultural and social considerations health promotion and disease prevention as well as the individual across the lifespan Jarvis's Physical Examination and Health Assessment is the ideal tool for undergraduate nursing students registered nurses and experienced practitioners wishing to develop and refine their health assessment skills Comprehensively addresses approaches to the context of health assessment in nursing key functional areas of health assessment and assessment tools and techniques Spelling terminology measurements cultural and social considerations clinical procedures and best practice updated to

reflect the most recent Australian and New Zealand guidelines and protocols Summary checklists for all nursing and health professional examination techniques Part of a comprehensive and revised learning package including Pocket Companion Jarvis s Physical Examination Health Assessment 2e and Student Laboratory Manual Jarvis s Physical Examination Health Assessment 2e Revised Table of Contents increased focus on relevance of the health assessment areas to the functional status of the person Common laboratory studies including normal values added to objective data tables where relevant New chapter on focused assessment integrating clinical decision making and clinical reasoning New chapter on substance abuse assessment New chapter on the complete health assessment outlines the application of various frameworks for health assessment head to toe body systems functional Clearly identified health assessment skills for beginning and advanced nursing practice Revised online learning and teaching resources available on evolve Revised clinical case studies which illustrate documentation and critical thinking related to the chapter focus

**Jarvis's Physical Examination and Health Assessment Student Lab Manual** Kathleen Blair,Mel Dudson,Andrea Miller,Nicole Norman,2011-10-30 A revised practical workbook aligning with Jarvis s Physical Examination fully revised for nursing students and clinicians in Australia and New Zealand The manual features chapter by chapter reading assignments corresponding with the textbook along with glossary terms exercises and questions to reinforce key concepts in health assessment Companion publications to Jarvis s Physical Examination Health Assessment Online ANZ edition Jarvis s Physical Examination Health Assessment ANZ edition a comprehensive and fully revised edition of the popular nursing resource tailored for the Australian and New Zealand market Jarvis s Physical Examination Health Assessment Online ANZ edition an interactive set of self paced online learning modules complemented by over images audio and videos Pocket Companion Jarvis s Physical Examination Health Assessment ANZ edition a pocket sized quick reference companion ideal for students to carry on clinical placement Chapter by chapter reading assignments correspond to Jarvis s Physical Examination and Health Assessment ANZ edition Glossary for reinforcement of key terms Study guide questions include o Short Answero Fill in the blankso Critical thinking Review questions include o Multiple choiceo Mix matcho Short answer Additional Learning activities Illustrations with blank labels for the identification and naming of structures Answers to Review questions provided in Appendix A Physical examination forms to record data in the clinical setting Clinical objectives and instructions to guide all clinical examinations

**Health Assessment in Nursing** Janet R. Weber,2025-09-18 Favored by faculty for generations Weber s Health Assessment in Nursing 8th Edition combines evidence based practices with practical tools to teach essential assessment skills Known for its clarity balanced approach and vibrant layout it organizes normal and abnormal findings side by side for easy understanding Aligned with AACN Essentials this edition introduces updates like the Hair Skin and Nails Atlas within Lippincott CoursePoint for inclusive care and a video on transgender patient history taking Faculty benefit from robust CoursePoint resources simplifying preparation and enriching learning This trusted resource equips students with clinical reasoning and

competency to deliver safe patient centered care in diverse healthcare settings      **Physical Examination and Health Assessment - Canadian E-Book** Carolyn Jarvis,2023-03-14 Learn how to take a clear logical and holistic approach to physical examination and health assessment across the lifespan Using easy to follow language detailed illustrations summary checklists and new learning resources Physical Examination Health Assessment 4th Canadian Edition is the gold standard in physical examination textbooks This new edition reflects today s nursing practice with a greater focus on diverse communities evidence informed content throughout and new and enhanced case studies focusing on critical thinking and clinical judgement It s easy to see why this text is 1 with Canadian nursing students Approximately 150 normal and abnormal examination photos for the nose mouth throat thorax and pediatric assessment give you a fresh perspective on these key system examinations with cultural diversity and developmental variations Social determinants of health considerations cover the shifting landscape of Canada s populations with strategies for integrating social economic and ethnocultural diversity into students health assessments Assessment strategies relevant to Indigenous populations harm reduction nutrition and transgender persons inform practitioners on respectful complete care Sectional colour bars segment body systems according to content Structure and Function Subjective Data Objective Data Documentation and Critical Thinking Abnormal Findings Documentation and critical thinking sections provide real world clinical examples of specific patients and how to document assessment findings Abnormal findings tables help you recognize sort and describe abnormalities Separate chapter on pregnancy provides a thorough foundation for assessing the pregnant patient Developmental Considerations sections highlight content specific to infants children adolescents pregnant individuals and older adults Content covering the electronic health record charting and narrative recording provides examples of how to document assessment findings Two column format distinguishes normal findings from abnormal findings and uses full colour step by step photos to clarify examination techniques and expected findings Promoting Health boxes focus on this key aspect of Canadian health care Summary checklists offer reviews of key examination steps      **You CAN Teach Advanced Med-Surg Nursing!** Mary A. Miller,Mary Miller, RN, MSN,CCRN,Deborah C. Wirwicz,2014-08-18 Print CourseSmart      [The Risk Assessment Guidelines of 1986](#) United States. Environmental Protection Agency. Office of Health and Environmental Assessment,1987

## Unveiling the Magic of Words: A Review of "**Physical Assessment Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Physical Assessment Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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