

NURSING PHYSICAL HEALTH ASSESSMENT

INSPECT
PALPATE
PERCUSS
AUSCULTATE



INTRODUCTION

- Hand hygiene
- Provide privacy
- Introduce yourself
- Explain procedure to patient
- Verify patient ID & DOB

A & O

- What is your name?
- What is your DOB?
- Where are you?
- Who is the U.S. President?
- Do you know the date?
- What are you doing here?

OBSERVING THE PATIENT

- Emotional status
- Speech
- Behavior / follows instruction
- Skin color appropriate for race
- Looks stated age
- Hygiene maintained
- Responds appropriately
- Outward abnormalities: abnormal smells, lesions, erythema, cyanosis, masses

VITALS

- Heart Rate: 60 - 100 bpm
- Blood Pressure: 90/60 - 120/80 mmHg
- O2 Saturation: 94-99%
- Respirations: 12-18 bpm
- Temperature: 97.8 - 99.1 F
- Pain: Numeric Scale 1-20

EARS

INSPECT

- Abnormalities, redness, drainage, tophi (gout patients)

PALPATE

- Palpate ear for tenderness, abnormal masses & lesions

Test cranial nerve VIII

(Vestibulocochlear) with whisper test:

- Have patient occlude one ear & whisper two words behind other & have patient repeat words

NOSE

INSPECT

- Abnormalities, drainage, symmetry, size & shape, inspect septum
- Inspect inside nose for polyps, drainage, redness

Test patency of nares: have patient occlude one nostril & breathe in & out to observe airflow

Test cranial nerve I (Olfactory): have patient close eyes & smell something

MOUTH

INSPECT

- Lips for chapped, sores, & color
- Inside mouth: pink & moist, tongue is moist & pink, look for lesions, sores, broken teeth, soft & hard palate, uvula placement

Test cranial nerve IX (glossopharyngeal): have patient say "ah" & watch uvula move

Test cranial nerve XII (hypoglossal): stick out tongue & move side to side

Test cranial nerve V (vagus) with ability to swallow
Test gag reflex

HEAD

INSPECT

- Skin color, appropriate size for frame, looking for any abnormal facial movements / twitching, ensuring face is symmetrical & no signs of facial drooping, examination if eyes & ears are level, hairline

PALPATE

- Palpate cranium for lesions, masses, indentations, infestations, skin breakdown, or any abrupt bald spots, check facial hair
- Palpate temporal mandibular joint for stiffness & clicking
- Palpate sinus cavities: maxillary & frontal

EYES

INSPECT

- Eyelids, iris, pupil, sclera, conjunctiva
- Strabismus: normal inward/outward turning of eye(s)
Anisocoria: one pupil larger/smaller than other
Nystagmus: involuntary shaking of eyes
Pupils should be 3-5mm & equal in size

Test cranial nerves:

III (Oculomotor), IV (Trochlear), VI (Abducens)

Examine how the pupils react to light

- Patient should look at object far away to dilate eyes
- Light shine into on eye- both pupils should dilate

Accommodation

- Have patient stare off at distant object, look at penlight and direct to tip of nose
- Patient's pupils should constrict & accommodate

PERLA

- PUPILS are EQUAL, ROUND & REACTIVE to LIGHT & ACCOMMODATION

Nursing Physical And Health Assessment Guide

**Carolyn Jarvis, PhD, APN, CNP, Ann L.
Eckhardt**



Nursing Physical And Health Assessment Guide:

Study Guide & Laboratory Manual for Physical Examination & Health Assessment E-Book Carolyn Jarvis, Ann L. Eckhardt, 2023-01-02 Both a comprehensive lab manual and a practical workbook the Study Guide Laboratory Manual for Physical Examination Health Assessment 9th Edition gives you the tools you need to master physical examination and health assessment skills in the lab and in clinical practice Corresponding to the bestselling Jarvis textbook this guide features terminology reviews application activities clinical judgment questions regional write up sheets and narrative summary forms with answers to study questions at the back of the book to facilitate both learning and review The 9th edition has been thoroughly updated with a fresh focus on the Next Generation NCLEX NGN with case studies featuring new NGN question formats to prepare you not only for the skills laboratory but for success on the NCLEX and in interprofessional collaborative practice Authoritative review and guidance for laboratory experiences personally written by the textbook authors provide a seamlessly integrated study and clinical experience Consistent format includes Terminology Review Study Guide and Clinical Judgment Questions in each chapter Physical examination forms familiarize you with what you will encounter in clinical practice and offer practice in documenting the patient history and examination findings The only full color illustrated lab manual available for a nursing health assessment textbook with anatomy exercises that align with the main text NEW Clinical judgment exercises equip you for success on the Next Generation NCLEX NGN including questions with an increased focus on clinical judgment robust single episode case studies that employ the latest NGN question types and unfolding case studies which reflect the language of the NCSBN Clinical Judgment Measurement Model NEW Chapter 33 includes unfolding case studies for the NGN that present opportunities for you to practice prioritizing decision making and using clinical judgment skills NEW Increased emphasis on activities focused on higher cognitive levels Applying and above UPDATED Critical Thinking Exercises offer suggested readings based on your participation in the skills lab and discussions with your instructor UPDATED Content corresponds to the 9th edition of the Jarvis textbook and incorporates the latest research and evidence based practice 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 *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

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