

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**Nursing 101 - Foundations of Nursing**

**Assessment Day 1 Class Prep Worksheet**

1. What is a health assessment?

A health assessment is the collection of clinical judgement, evaluation of data to plan and deliver patient centered care while also being capable of maintaining client's preferences and needs. Health assessments also identify the needs of the clients.

2. What assessment technique requires observation?

-The assessment technique that requires observation is during Inspection. You have to look carefully and observe symmetry, skin, any rashes, wounds etc.

3. What type of sounds will you hear with the diaphragm of a stethoscope?

The larger side of the diaphragm is used to listen to high-pitched sounds which include breath sounds, bowel sounds. The bell side is used to listen to soft, low pitched or murmurs. Expect both to hear hb.

4. When palpating a client, you should use what side of the fingers? Use the palmer surface of the fingers and finger pads not fingertips.

5. True or **False**: When auscultating, you should always apply firm, hard pressure with the stethoscope. **FALSE**

6. What is percussion? Percussion is a tapping of the client's skin with a short, quick motion to determine vibrations depending on the underlying structure or organ that is percussed. Can help determine density of the area, whether it is fluid-filled, air filled or solid.

7. List two tools that can be used for inspection.

Two tools that can be used for inspection could be a penlight and a tape measure.

8. What is subjective data? Subjective data is what is said, basically information given from the viewpoint of the patient such as symptoms.

9. What is objective data?

Objective data is information directly observed by the healthcare worker. What is observed.

10. **True** or False: A chief complaint is the clients reasoning for seeking medical care? True