

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

Creamer 1
Class Prep 4, 08/23/2024
Foundations of Nursing

Assessment Day 1 Class Prep Worksheet

1. What is a health assessment?
 - a. The collection, clinical judgement, and evaluation of data to plan and deliver patient-centered care while accounting for the client's preferences, goals, and needs.
 - b. Identifies the needs of the client that will be addressed by the healthcare team.

2. What assessment technique requires observation?
 - a. Inspection: looking carefully and thoroughly at a client.

3. What type of sounds will you hear with the diaphragm of a stethoscope?
 - a. The diaphragm is used to listen to high-pitched sounds
 - i. Breath sounds, bowel sounds, and expected heart sounds

4. When palpating a client, you should use what side of the fingers?
 - a. You should use the dorsal surface (or back) of the hands and fingertips

5. True or **False**: When auscultating, you should always apply firm, hard pressure with the stethoscope.
 - a. Use gentle pressure, just enough to form a seal.
 - b. Pressure that is too hard can diminish sounds and be ineffective for assessments.

6. What is percussion?
 - a. The tapping of the client's skin with a short, quick motion to determine vibrations and sounds depending on the underlying structure or organ that is percussed.

7. List two tools that can be used for inspection.
 - a. Proper light source: penlights can assess pupil size and reaction. Proper lighting can assist in observing different regions of the client's body.
 - b. Tape measure: measure wounds, bruising, or abdominal girth.

8. What is subjective data?
 - a. Symptoms reported by the client.

9. What is objective data?
 - a. Signs and observations such as measurement results, behaviors, and reports of the client's condition.

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