

**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? Gathering information from the client through interview, physical exam and observation along with data collection.
2. What assessment technique requires observation?  
Objective data collection requires observation. It involves measuring the client's health data such as significant medical records and diagnostic test.
3. What type of sounds will you hear with the diaphragm of a stethoscope?  
You will hear high pitched sounds such as breathing, bowel sounds, and expected heart sounds.
4. When palpating a client, you should use what side of the fingers?  
You should use the dorsal surface of the hands and fingertips.
5. True or **False**: When auscultating, you should always apply firm, hard pressure with the stethoscope.
6. What is percussion?  
Tapping of a client's skin with a short, quick motion to determine vibrations and sounds depending on what organ or structure you are assessing.
7. List two tools that can be used for inspection.  
Good light source and a source to provide proper hand hygiene.
8. What is subjective data?  
Information spoken by the client, using exact wording and placing quotation marks around statements.
9. What is objective data?  
It is about what you observed, such as measurement results, behaviors, and the client's condition.
10. **True** or False: A chief complaint is the client's reasoning for seeking medical care?