

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

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Assessment Day 1 Class Prep Worksheet

1. What is a health assessment?
A health assessment is a collection, clinical judgment, and evaluation of data used to plan and deliver patient-centered care effectively. It also accounts for the client's preferences, goals, and personal needs.
2. What assessment technique requires observation?
Inspection requires observation. Factors observed include symmetry between the right and left side of the body, any skin tone changes, rashes, bruises, or wounds.
3. What type of sounds will you hear with the diaphragm of a stethoscope?
With the diaphragm, you will hear high-pitched sounds including breath, bowel, and heart sounds.
4. When palpating a client, you should use what side of the fingers?
You should use the dorsal and palmar surfaces of the fingers while palpating.
5. True or **False**: When auscultating, you should always apply firm, hard pressure with the stethoscope.
False, it will diminish the necessary sound
6. What is percussion?
Percussion is the tapping of a client's skin using a short and quick motion to determine the characteristics of the sounds and vibration of the underlying structure. This is used to assess the area's density, whether fluid-filled, air-filled, or solid.
7. List two tools that can be used for inspection.
 - **Penlight to assess the pupil size and reaction**
 - **Tape measure to measure visible wounds**
8. What is subjective data?
Subjective data is what is spoken by the client. This includes what they stated exactly about their current state or complaints they may have.
9. What is objective data?
Objective data is what is observed about the client. This includes measurement results, behaviors, and the client's condition.
10. **True** or False: A chief complaint is the clients reasoning for seeking medical care?
True