

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 clinical judgement, collection and evaluation data to help guide patient-centered care. It takes into account the clients, needs, preferences, and goals. It also identifies what health concern(s) need to be addressed.
2. What assessment technique requires observation? General survey
3. What type of sounds will you hear with the diaphragm of a stethoscope? High pitched sounds such as bowel sounds, breath sounds, and normal heart sounds.
4. When palpating a client, you should use what side of the fingers? Back (dorsal) of hands for temperature, moisture and various findings. Use the palmar surfaces when palpating for fluid, sizes, consistency of masses. Use ulnar surface for vibrations.
5. True or False: When auscultating, you should always apply firm, hard pressure with the stethoscope.
6. What is percussion? Tapping or striking a part of the body, it uses vibrations to determine the organ that is being assessed. It can also be used to determine the density if the area or if is fluid or air filled, or solid.
7. List two tools that can be used for inspection. Pen light and stethoscope
8. What is subjective data? Clients' reasons or symptoms for seeing provider.
9. What is objective data? Nurse's observations and measurements on a clients condition.
10. True or False: A chief complaint is the clients reasoning for seeking medical care?