

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

**Assessment Day 1 Class Prep Worksheet**

**Yana Quel**

1. What is a health assessment?
  - a. A comprehensive or focused health assessment of the patient's holistic health: physical, mental, emotional, and spiritual. This includes a patient's health history and planning to move forward addressing their current and future needs.
2. What assessment technique requires observation?
  - a. General Survey
3. What type of sounds will you hear with the diaphragm of a stethoscope?
  - a. High-pitched sounds: breath, bowel, and expected heart sounds
4. When palpating a client, you should use what side of the fingers?
  - a. The palmer surfaces of the fingers and finger pads, not fingertips.
5. True or False: When auscultating, you should always apply firm, hard pressure with the stethoscope.
  - a. False. Apply too firm of pressure can diminish the sounds
6. What is percussion?
  - a. Tapping on a patient's skin to hear if underneath is fluid-filled or not and/or how dense the area is within the structure or organ.
7. List two tools that can be used for inspection.
  - a. Light source/ pen light
  - b. Pulse oximeter
8. What is subjective data?
  - a. Data that cannot be measured: a patient's thoughts, quotes, feelings, emotions
9. What is objective data?
  - a. Data that can be measured: vital signs, observable by eye or can be felt
10. True or False: A chief complaint is the clients reasoning for seeking medical care?
  - a. True