

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?
It is the collection of data on the patient that identifies the needs of the patient. This is done by assessing the patient's current health and their past medical history. All of this data is then put together to come up with a proper care plan for the patient.
2. What assessment technique requires observation?
The assessment technique of inspection requires observation by looking thoroughly at the patient for things like symmetry, skin tone, rashes, bruising, wounds, etc.
3. What type of sounds will you hear with the diaphragm of a stethoscope?
With the diaphragm of the stethoscope you hear high pitched sounds in the heart, lungs, and abdomen.
4. When palpating a client, you should use what side of the fingers?
The underside of your hands where the pads of your fingers are. You use the pads of your index and middle fingers to apply force over the artery.
5. True or **False**: When auscultating, you should always apply firm, hard pressure with the stethoscope.
6. What is percussion?
Percussion is the act of tapping on body parts with your fingers, hands, or instruments to assess body organs.
7. List two tools that can be used for inspection.
Two tools that can be used for skin inspection are a penlight to allow better lighting for a closer examination and a ruler to measure any unexpected findings so if they grow you can compare them to when they were first measured.
8. What is subjective data?
This is the patient's physical symptoms for visiting the provider/doctor. This is the information given by the patient.
9. What is objective data?
This is the data observed and measured by the nurse on the patient's health condition.
10. **True** or False: A chief complaint is the clients reasoning for seeking medical care?