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?

-**A health assessment is the collection, clinical judgment, and evaluation of data used to plan and then deliver patient-centered care. Also, in a health assessment the needs of the client are identified and then addressed by the health care team.**

2. What assessment technique requires observation?

-**During the assessment process, the nurse uses objective data for observation and measurements of a client's health condition during the inspection technique.**

3. What type of sounds will you head with the diaphragm of a stethoscope?

-**The type of sounds you will hear with the diaphragm of the stethoscope is high pitched sounds, such as breath sounds, bowel sounds.**

4. When palpating a client, you should use what side of the fingers?

-**When palpating a client you should use the palmar side of the hands/ pads of the fingers.**

5. True or **False**: When auscultating, you should always apply firm, hard pressure with the stethoscope.

6. What is percussion?

-**A percussion is an advanced skill that is not typically used by entry-level nurses. More specifically it is tapping of the client's skin with a short, quick motion. This is to determine vibrations and sounds depending on the underlying structure /organ that is percussed.**

7. List two tools that can be used for inspection.

-**Two tools that can be used for inspection include pen light and a tape measure.**

8. What is subjective data?

-**Subjective data is the client's reason which is usually physical symptoms, for visiting the provider.**

9. What is objective data?

-**Objective data is the nurse's observations or measurements of a client's health condition.**

10. **True** or False: A chief complaint is the clients reasoning for seeking medical care?