

**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 first step in the nursing process. It involves gathering subjective information from the client and objective information directly from the nurse. The nurse can gather this information by interviewing the client, reviewing any medical records, and direct observation of the client.

2. What assessment technique requires observation?

The assessment technique that requires observation is inspection.

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

The types of sounds you will hear for with the diaphragm of the stethoscope are high pitched sounds, bowel sounds, heart, and breath sounds.

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

When palpating a client, you should use the dorsal side of the fingers.

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

False. Firm and hard pressure can change or prevent proper blood pressure. This will compromise the procedure and vital skill. The pressure should be just enough to create a seal.

6. What is percussion?

Percussion is an advanced technique that involves using quick taps with a finger onto a clients skin repeatedly to listen to the sound of the vibration.

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

Two tools that can be used for inspection is a pen light and tape measure

8. What is subjective data?

Subjective data is the data that comes from the client themselves. Clients will usually explain their reason for visit, describe complications and maybe add context to the situation as well.

9. What is objective data?

Objective data is the data that is gathered from professional care providers such as from RNs. This data comes from assessments, medical records of the client, observation of the client, and using critical thinking to best approach the data gathered.

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

True