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 something that involves the collection, clinical judgement, and evaluation of data to plan and deliver patient-centered care while accounting for the clients preferences, goals and needs.

2. What assessment technique requires observation?

Well in the steps of nursing process, you will require observation when it comes to assessment because we obtain objective data from the observations or measurements of a clients health condition.

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

The diaphragm is used to listen to high pitched sounds, including breath sounds, bowel sounds, and expected heart sounds.

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

You use the palmer surfaces of the fingers and finger pads, not the finger tips because these are the most sensitive area on the fingers.

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

False, use gentle pressure or the sound will dimmish and be ineffective.

6. What is percussion?

Percussion is an advanced skill that is not typically used by entry level nurses. It is tapping of the client's skin with a short, quick motion to determine vibrations and sounds depending on the underlying structure or organ that is percussed.

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

Stethoscope and a pen light are two tools that can be used for inspection.

8. What is subjective data?

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

Subjective data is all the information provided by a person that is not directly measurable or observable by others, but reflects their personal feelings, perceptions, or experiences.

9. What is objective data?

Objective data is the nurses' observations or measurements of a client's health condition.

Objective data is fact-based information that can be measured, observed, and verified without personal interpretation or opinion.

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

True