

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, evaluation, and clinical judgement of data to plan and deliver patient-centered care that aligns with the patient's preferences, goals, and needs. It helps to identify the client's health conditions, risks, and social determinants to guide the assessment and plan of care.
2. What assessment technique requires observation? Inspection requires observation
3. What type of sounds will you hear with the diaphragm of a stethoscope? 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? Palpate using the palmar 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. False - use gentle pressure
6. What is percussion? Striking or tapping a body part used as a diagnostic technique by listening to the sound produced
7. List two tools that can be used for inspection. Penlight and tape measure
8. What is subjective data? Information spoken by the client
9. What is objective data? Data that you observed
10. True or False: A chief complaint is the clients reasoning for seeking medical care? True