

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing

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Assessment Day 1 Class Prep Worksheet

1. What is a health assessment?

A health assessment includes clinical judgement, collection, and evaluation of data to plan and deliver patient-centered care to account for the client's preferences, goals, and needs.

2. What assessment technique requires observation?

The assessment technique that requires observation is inspection. This type of assessment technique requires you to look carefully and thoroughly at a client.

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

With the diaphragm of a stethoscope, you should expect to hear high-pitched sounds (ie: bowel sounds, breath sounds, and expected heart sounds)

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

When palpating a client, you should make sure to use the palm side of your fingers rather than the tips.

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

FALSE → You shouldn't be using hard/firm pressure but rather more gentle.

6. What is percussion?

Percussion involves tapping the patient's skin with a short, quick motion to determine vibrations/sounds (depending on the structure/organ underneath that is being percussed). This assessment helps with figuring out the density of an area (ie: fluid-filled vs air-filled vs solid).

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

Two tools that can be used for inspection can be a penlight (to assess pupil reaction and dilation) and a tape measure (to measure wounds).

8. What is subjective data?

Subjective data includes data/information that is spoken directly from the client.

9. What is objective data?

In contrast, objective data is data that you observe (ie: results, behaviors observed, client's condition).

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

TRUE ✓