

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?

Health assessments consist of collection, clinical judgement, and analysis of findings to create a comprehensive and holistic care plan centered around the patient.

2. What assessment technique requires observation?

Inspection

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

High pitched sounds like breath sounds and heart sounds.

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

The palmar surface or finger pads, not finger tips

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

False

6. What is percussion?

Percussion is an advanced or specialized skill not typically performed by nurses. It consists of quick, short tapping to determine density as well as if it's fluid-filled, air-filled or solid.

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

A good light source (ex. A pen light or good overhead lighting)
A tongue depressor to give an accessible view of the oral mucosa

8. What is subjective data?

Client's reasoning for seeing a provider, typically when experiencing physical symptoms.
Might not be completely/100% accurate

9. What is objective data?

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Nurses observations based on how the patient is presenting at the time

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

True