

## Exam 1 Focus Sheet

- Healthy people 2030
- Levels of prevention
- Nursing process
- Psychomotor skills
- Therapeutic communication
- Preparing for interviews/health history
- Effective communication
- Nonverbal communication
- Barriers to communication
- Special needs patients
- Types of health history and sources
- Health history
- OLD CARTS
- Past history
- Psychosocial assessment
- Substance abuse
- Review of systems
- Patient education
- Overnutrition/malnutrition
- Diagnostics
- Assessing nutrition
- Inspecting general appearance
- Assessing nutrition through direct observation
- Assessing height, weight, and BMI
- Patient education: myplate, water, weight loss
- Signs of dehydration
- Transmission-based precautions, contact, airborne, droplet
- Standard precautions
- Inspection
- Palpation: light and deep
- Percussion: direct, indirect, blunt
- Auscultation: direct, indirect
- Surveying the whole person
- Vital signs: Temperature, Blood pressure, Pulse, Respirations
- Documentation
- Normal vital findings
- Normal assessment findings
- Orthostatic vital signs
- Defining pain
- Types of pain and Duration
- Transmission of pain
- Pain assessment
- Pain scales