

Physical Assessment Study Guide (42 pages)

NURSING STUDY GUIDE



<p>Inspection</p>	<ul style="list-style-type: none"> • Visual inspection: listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position felt over the liver and spleen. 	<ul style="list-style-type: none"> • Apply light pressure over the client's sternum with your left hand while palpating with the right. This compresses the sternum to relax the abdominal muscles during breathing against normal respiration. 	<p>Thoracic deformities and hyperinflation</p> <ul style="list-style-type: none"> • Barrel chest - may be congenital • Anterior protrusion (Chest thrust) may occur and so displaces other organs in chest. • Anterior protrusion (goose heart) - may result in smaller than normal lung capacity -> leading to lower tolerance. • Emphysema • Flattened - exaggerated increase rounding of thorax after other chest wall components in older adults.
<p>Palpation</p>	<ul style="list-style-type: none"> • Palpate for tenderness • Palpate the apex or height of the liver by determining its L and upper borders. • Palpate the spleen. • Palpate liver percussion over the kidneys. 	<ul style="list-style-type: none"> • Perform light palpation: approx. 1 cm deep • Deeply palpate all quadrants to determine abdominal mass while moving approx. 2-3 cm deep • Palpate for masses. • Palpate the umbilicus and surrounding area for tenderness or masses. • Palpate: <ul style="list-style-type: none"> o Neck o Lungs o Spleen o Kidneys o Urinary bladder (just over umb) 	<p>Normal, Barrel, Anterior protrusion, Emphysema, Flattened</p>  <ul style="list-style-type: none"> • Tenderness or pain at the umbilical junction of ribs is seen with hepatitis, especially in older clients with osteoporosis. • Other relative signs include: Asymmetry in all normal activities related to aging of lungs, Loss of elasticity, Arterio-venous murmurs, low of tenderness. • Chest pain related to pleuritic may be absent in older people cause of age-related alterations. • Ability to cough effectively may decrease because of weaker muscles and decreased rigidity in thorax wall. • Deep breathing may be difficult when air-trapped easily. • Flattened ribs - thoracic expansion is decreased due to calcification of costal cartilage and loss of accessory intercostals. • The sternum and ribs may be more prominent in older clients because of loss of subcutaneous fat.
<p>Structure of Heart</p>	<p>Assessing heart, thorax, and abdomen</p> <ul style="list-style-type: none"> • Apex located in 5th intercostal space, midclavicular line, and 9cm from midline. • Base located in 4th intercostal space, midclavicular line, and 9cm from midline. • Right ventricle is the largest and most compliant chamber of the heart. • Left ventricle is the most muscular and most powerful chamber of the heart. • Septum is the wall between the right and left ventricles. • Coronary arteries supply the heart with oxygenated blood. • Coronary veins drain the heart of deoxygenated blood. • Valves prevent backflow of blood. • Pericardium is the protective sac surrounding the heart. • Endocardium is the innermost layer of the heart wall. • Epicardium is the middle layer of the heart wall. • Myocardium is the muscular layer of the heart wall. • Endothelium is the innermost layer of the heart wall. 	<p>Valves of the cardiac conduction system</p> <ul style="list-style-type: none"> • Tricuspid valve: located between the right atrium and right ventricle. • Mitral valve: located between the left atrium and left ventricle. • Aortic valve: located between the left ventricle and aorta. • Pulmonary valve: located between the right ventricle and pulmonary artery. 	<p>Heart structures of heart</p>  <ul style="list-style-type: none"> • Tricuspid valve: located between the abdominal aorta and renal, iliac, and femoral arteries. Position felt over the liver and spleen.

Health Assessment For Nursing Practice Study Guide

ML Morrison



Health Assessment For Nursing Practice Study Guide:

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Table of Contents Health Assessment For Nursing Practice Study Guide

1. Understanding the eBook Health Assessment For Nursing Practice Study Guide
 - The Rise of Digital Reading Health Assessment For Nursing Practice Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Health Assessment For Nursing Practice Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Health Assessment For Nursing Practice Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Health Assessment For Nursing Practice Study Guide
 - Personalized Recommendations
 - Health Assessment For Nursing Practice Study Guide User Reviews and Ratings
 - Health Assessment For Nursing Practice Study Guide and Bestseller Lists

5. Accessing Health Assessment For Nursing Practice Study Guide Free and Paid eBooks
 - Health Assessment For Nursing Practice Study Guide Public Domain eBooks
 - Health Assessment For Nursing Practice Study Guide eBook Subscription Services
 - Health Assessment For Nursing Practice Study Guide Budget-Friendly Options
6. Navigating Health Assessment For Nursing Practice Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Health Assessment For Nursing Practice Study Guide Compatibility with Devices
 - Health Assessment For Nursing Practice Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Health Assessment For Nursing Practice Study Guide
 - Highlighting and Note-Taking Health Assessment For Nursing Practice Study Guide
 - Interactive Elements Health Assessment For Nursing Practice Study Guide
8. Staying Engaged with Health Assessment For Nursing Practice Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Health Assessment For Nursing Practice Study Guide
9. Balancing eBooks and Physical Books Health Assessment For Nursing Practice Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Health Assessment For Nursing Practice Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Health Assessment For Nursing Practice Study Guide
 - Setting Reading Goals Health Assessment For Nursing Practice Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Health Assessment For Nursing Practice Study Guide
 - Fact-Checking eBook Content of Health Assessment For Nursing Practice Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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