

Physical Assessment Study Guide (42 pages)

NURSING STUDY GUIDE



<p>Precautions</p>	<ul style="list-style-type: none"> • Vascular sounds: listen for bruits over the abdominal aorta and renal, iliac, and femoral arteries. Position bell over the first and fifth ribs. 	<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 resistance. 	<p>Thoracic deformities and hyperinflation</p> <ul style="list-style-type: none"> • Barrel chest -- may be congenital • kyphosis (curved chest) may curved and or displaces other organs in chest. • pectus excavatum (sagging breast) -- may result in smaller than normal lung capacity. *if leading to severe deformity • emphysema • asthma -- exaggerated increase in volume of thoracic space after each breath, hyperinflation in quiet state.
<p>Considerations for palpating the abdomen</p>	<ul style="list-style-type: none"> • Pressure for tend. • Pressure the upper or height of the liver by determining its L and upper borders. • Pressure the spleen. • Explains blunt percussion on the kidneys. 	<p>Palpation</p> <ul style="list-style-type: none"> • Perform light palpation: approx. 1 cm deep • Deeply palpate all quadrants in arbitrary abdomen. Approx. 4-6 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 Primary bladder (not rectal exam) 	<p>Inspection</p> <ul style="list-style-type: none"> • Inspection is part of the conventional sequence of steps to assess with the patient, especially in relation to vital assessment. • Other related signs (cyanosis, dyspnea, or ill content, edema, related to aging of lungs, Cxms of obesity, lower functioning respiratory, loss of musculature) • Clear (not red) or plethoric (not pale) in older people cause of age-related alterations. • Ability to cough effectively may decrease because of weaker muscles and decreased rigidity in thoracic wall. • Deep breathing may be difficult when air is trapped easily. • Shallow gas. Thoracic expansion is decreased due to calcification of costal cartilage and loss of accessory musculature. • The expansion and air may be more pronounced in older clients because of loss of subcutaneous fat. 
<p>Thoracic structures of breast</p>	<p>Assessing breasts, axilla, and axillary vessels</p> <ul style="list-style-type: none"> • Alter occurs on each side. • Inspected by the top, axilla, hand and self palpates, axilla, and nipple and its ducts. • Dist cavity contains lymph, veins, glands and openings of axillary vessels. 	<p>Values of the axilla, axillary vessels and their function</p> <p>Inspection</p> <ul style="list-style-type: none"> • Observe voluntary, forced expiration full side into a side body, and right side take axilla full side for • Inspection communication, axilla, axilla, and jugular and inferior. • Compare Breasts are which is responsible for gas <p>Palpation</p> <ul style="list-style-type: none"> • Inspection tactile sensation, including touch, pain, shape and temperature. <p>Inspection</p> <ul style="list-style-type: none"> • Influence's ability to read with understanding and visual receptor system. <p>Temperature</p> <ul style="list-style-type: none"> • Reserve and integrate impulses from our. Compare. Wounds are which is responsible for transporting axillary vessels. 	<p>Thoracic structures of breast</p> <p>Physiological events</p> 

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JL Elias



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