

Physical Assessment Study Guide (42 pages)

NURSING STUDY GUIDE



	<ul style="list-style-type: none"> • Yugmilar sounds: listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position bell over the first and spine 												
<p>Pericardium</p>	<ul style="list-style-type: none"> • Percuss for tone. • Percuss the apex or height of the heart by determining its left and upper borders. • Percuss the apices. • Perform blunt percussion over the kidneys. 	<p>Palpation</p> <ul style="list-style-type: none"> • Apply light pressure over the client's sternum with your left hand while palpating with the right. This encourages the client to relax the abdominal muscles during breathing against normal movement. 	<p>Thoracic deformities and compensations</p> <ul style="list-style-type: none"> • Barrel chest - may be congenital • pectus excavatum (Sternal chest) may curved and or displace other organs in chest • pectus carinatum (goose breast) - may result in greater than normal lung capacity - if leading excessive exercise • scoliosis • Kyphosis - exaggerated increase rounding of thoracic spine often associated with osteoporosis in older adults <table border="1"> <thead> <tr> <th>Normal</th> <th>Barrel</th> <th>Pectus</th> <th>Scoliosis</th> <th>Kyphosis</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Normal	Barrel	Pectus	Scoliosis	Kyphosis					
Normal	Barrel	Pectus	Scoliosis	Kyphosis									
<p>Considerations for palpating the abdomen</p>	<ul style="list-style-type: none"> • Avoid touching tender or painful areas until last and assess the client of prior assessments. • Perform light palpation before deep palpation to detect tenderness and superficial masses. • Keep in mind that the normal abdomen may be tender, especially in the areas over the spleen (penosa, liver), some lower pole of the kidneys, gas filled stomach, intestinal colic, etc. 	<p>Palpation</p> <ul style="list-style-type: none"> • Perform light palpation: apices, 1 cm deep • Deeply palpate all quadrants to determine abdominal mass (solid masses: apices, 3-4 cm deep) • Palpate for masses. • Palpate the umbilicus and surrounding area for tenderness, or masses. • Palpate: <ul style="list-style-type: none"> o Aorta o Liver o Spleen o Kidneys o Thyroid Gland (not best able) 	<p>Thoracic deformities and compensations</p> <ul style="list-style-type: none"> • Tenderness in pain at the costochondral junction of ribs is seen with rheumatism, especially in older clients with osteoporosis. • Older adults may experience dyspnea with various activities related to aging of lungs (Loss of elasticity, Arterio-sclerotic capillaries, loss of elasticity) • Chest pain related to pleuritis may be absent in older people cause of age-related alterations. • Ability to cough effectively may decrease because of weaker muscles and movement rigidity on thoracic wall. • Deep breathing may be difficult when are fatigued easily • It is difficult to compare to older pts. • Older pts. Thoracic expansion is decreased due to calcification of costal cartilages and loss of accessory movements. • The expansion and ribs may be more pronounced in older adults because of loss of subcutaneous fat. 										
	<p>Thoracic structures of breast</p> <ul style="list-style-type: none"> • Also known as areola areola • Formed by the tips, ducts, head and soft glands, areola, and nipple and its ducts • One areola contains major, milk, pores and openings of accessory glands 	<p>Values of the vascular hemodynamics and their functions</p> <ul style="list-style-type: none"> • Effects voluntary, skilled actions (left side take a wide body, and right side take controls left side for • Influences communication, emotions, intellect, and judgment and behavior. • Controls those areas which is responsible for speech <p>Formed:</p> <ul style="list-style-type: none"> • Sensitive tactile sensations including touch, pain, shape and two-point discrimination. <p>Controlled:</p> <ul style="list-style-type: none"> • Influence's ability to read with understanding and visual-motor control. <p>Temperature:</p> <ul style="list-style-type: none"> • Receives and interprets impulses from cutaneous thermoreceptors which is responsible for interpreting sensory receptors. 	<p>Thoracic structures of breast</p> <ul style="list-style-type: none"> • Yugmilar sounds: listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position bell over the first and spine 										

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