

Health Assessment Study Guide Exam 4

Remember order

- Inspect, auscultate, percuss, palpate

Capillary Refill

- < 2 seconds (less than 2 seconds)

Pulses

- +2 normal

Crepitus

- Coarse, crackling sensation palpable over the skin surface. It occurs in subcutaneous emphysema when air escapes from the lungs and enters subcutaneous tissue, after injury or surgery

Fremitus

- Palpable vibration.
- Most prominent between the scapulae

Crepitation

- Audible and palpable crunching or grating that accompanies movement. It occurs when the articular surfaces in the joints are roughened, as with Rheumatoid Arthritis (RA)

Femoral Pulses

- Palpate and if pulse is weak or diminished, auscultate the site for a bruit
- Obese people have them sit froglike
- A bruit occurs with turbulent blood flow, indicating partial occlusion
 - o Partial occlusion: caused by atherosclerosis (chronic build-up of fatty streaks, fibroid plaque, calcification of the vessel wall, and thrombus formation)
 - This reduces blood flow with vital oxygen and nutrients
 - Risk factors: obesity, cigarette smoking, hypertension, diabetes, mellitus, elevated serum cholesterol, sedentary lifestyle, and family history of hyperlipidemia

Reflexes

- Biceps
 - o Normal response is contraction of the biceps muscle and flexion of the forearm
- Triceps
 - o Let the arm relax and suspend it by holding the upper arm. Strike above the elbow
 - o Normal response is extension of forearm.
- Brachioradialis
 - o Hold the thumb to suspend the forearms in relaxation. Strike 2-3cm above the radial styloid process
 - o Normal response is flexion and supination of the forearm
- Quadriceps (knee)
 - o Let leg dangle. Strike the tendon below the patella.
 - o Normal response is extension of the lower leg
- Achilles



Health Assessment Manual

SA Adler



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