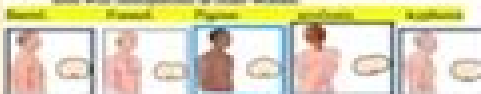
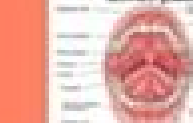


Physical Assessment Study Guide (42 pages)

NURSING STUDY GUIDE



	• Yerscher sounds: listen for heart over the abdominal aorta and renal, iliac, and femoral arteries. Position left over the first and spine 		
Pericardium	• 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. 	Palpation • Apply light pressure over the client's chest with your left hand while palpating with the right. This encourages the client to relax the abdominal muscles during breathing against normal movement. 	Thoracic deformities and compensations • Barrel chest - may be congenital • pectus excavatum (Sternal chest) may curved and or depress other organs in chest • pectus carinatum (goose breast) - may result in greater than normal lung capacity - if leading excessive ventilation • scoliosis • Kyphosis - exaggerated increase rounding of thoracic spine often associated with osteoporosis in older adults 
Considerations for palpating the abdomen	• Avoid touching tender or painful areas until last and measure the client of vital assessment. • 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 kidney, gas filled stomach, distended colon, fecal impaction) 	Palpation • Perform light palpation: apices, 1 cm deep • Deeply palpate all quadrants to determine abdominal masses (deeper masses: apices, 3-4 cm deep) • Palpate for masses. • Palpate the umbilicus and surrounding area for tenderness, or masses. • Palpate: - o Aorta - o Liver - o Spleen - o Kidneys - o Urinary bladder (not best able) 	Thoracic deformities and compensations • 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-fibrinizing capillaries, loss of surfactant) • 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's difficult to converse in older yrs. • Older yrs. Thoracic response is decreased due to calcification of costal cartilages and loss of accessory movements. • The apices and ribs may be more prominent in older clients because of loss of subcutaneous fat.
	Thoracic structures of breast • Also known as areola areola • Formed by the tips, ducts, hard and soft glands, veins, and nerves and its ducts • One areola contains major, milk, pores and openings of accessory glands 	Values of the vascular hemodynamics and their functions • Effects voluntary, skilled system (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 	Brain structures of brain • Cerebrum • Cerebellum • Brainstem • Spinal cord • Brainstem • Cerebellum • Brainstem • Spinal cord 

Bnc1 Assessment Study Guide

David Baud



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