King Saud University

Collage of Nursing

Medical- surgical Nursing

Physical Examination Techniques Procedural Steps:

*Common tasks performed prior to carrying out the procedural steps of Physical Examination:*

A-Prepare needed equipment: (Refer to equipment list)

B- Patient and environment preparation:

* Explain procedure to patient
* Ask patient to undress and drape him / her appropriately
* Make sure the room is warm, quit , and adequately light
* Ensure patient privacy
* Wash hands

C- Conduct general survey

D- Procedural steps of Physical Examination Techniques:

|  |  |
| --- | --- |
| 1-Inspection: |  |
| **Technique** | **Rational** |
| 1-Inspection starts at the initial patient encounter | 1-Inspection is the main skill employed in general survey |
| 2-Expose area to be inspected, sufficiently. | 2- Allows the area to be totally seen |
| inspection%20of%20the%20back |
| 3- Adjust lightning (or use penlight) as needed | 3-Allows all areas’ details to be observed. |
| 4-Use vision and smell senses to observe client | 4Helps elicit highly sensitive clues about client |
| 5- Note key landmarks while inspecting the entire body areas | 5-Ensures accurate descriptions of findings |

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| --- | --- |
| 6-Inspect client following body system review |  |
| 7-Inspect for:  Color, odor, sounds, shapes, texture, size, location, movement, odor, and symmetry. |  |
| 2-Palpation |  |
| **Technique** | **Rational** |
| 1-**Inform patient** to expect occasional discomfort. | 1-Pressure causes organs discomfort |
| 2-Ask patient to report pain | 2- Assess for tenderness. |
| 3-**Warm hands** by kneading them together | 3- Cold touch causes stiffening and restricts palpation. |
| 4-**Wear gloves** if palpating mucous membrane or other areas involving body fluids | 4-Prevents infection. |
| 5-Keep **tender areas last**. | 5-Tenderness radiates to surrounding organs causing acute pain ;which aggravates the patient and reduces his / her cooperation |
| 6-Keep **observing patients’ face** through out the palpation. | 6-Allows detection of sings of pain. |
| 7- Apply just **enough pressure** to assess the tissue beneath one or both hands, then release pressure and gently move to the next area. | 7-Prevents excessive pain or rupture of internal organs. |
| 8-**Move hands systematically** | 8-Ensures covering the entire area to be assessed |
| **Start with light palpation** | Light palpation detects surface characteristics and accustom patient to being touched. |
| 1-Hold the pads of 2-3 fingers together | 1-Provide fine tactile discrimination of superficial organs. |
| 2-Press gently on the skin to a depth of 1-2 cm  (use lightest touch possible) | 2-Deeper pressure blunts examiner fine tactile sensitivity | |
| 3-palpate for; texture, swelling, pulsation, lumps  Tenderness, temperature , moist, elasticity. |  | |
| 2%20fingers%20palpation | 3%20fingers%20light%20palp | |
| deep palpation | Deep palpation is employed to assess deep structures | | |
| 1-Instruct patient to relax | 1-Muscle tension interfere with performance and result of palpation | | |
| 2-Use finger tips to press skin down 4-5 cm with firm deep pressure | 1%20hand%20deep%20palpation%20&cp | | |
| 3-May place one hand on top of the palpating hand | 3-Controls and guides hand movement | | |
|  | 2%20hands%20deep%20palpation | | |
| 4- Palpate for  skin texture ,swelling ,pulsation ,lump position ,shape, consistency, mass, size ,  tenderness, mobility, vibrations |  | | |

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| --- | --- | --- | --- |
| **3- Percussion** | |  | |
| **Technique** | | **Rational** | |
| **Direct Percussion** | | Direct percussionelicits tenderness and sounds of small body tissues(sinuses, child thorax) | |
| 1-Instruct patient to tell which areas are painful during test | 1-to assess for tenderness (pain is a subjective data). | |
| 2-Use one or two fingers | 2-It facilitate percussion of small body areas | |
| 3-tap finger pads directly on body part | | 3-gives the direct response of small tissue under percussion | |
| 4-percuss for sound, tenderness | |  | |
| **direct%20percussion** | |  | |
| **Indirect percussion** | | Indirect percussionis performedto map ,elicit pain & reflexes ,signals density of organ, and detects superficial mass | |
| 1-Press and hyperextend the distal part and joint of middle finger of nondominant hand firmly on the body part to be assessed | | 1-This finger work as a mediating device to receive the taps(pleximeter) | |
| percussion%20step%201 | |  | |
| 2-Keep the rest of the nondominant hand off the body surface | | 2-Other fingers touching the surface will damp the sound | |
| 3-Bring the dominant hand wrist over the nondominant hand wrist | |  | |
| 4-Flex the dominant hand wrist | | 4-This keeps the movement at the wrist (not at finger, elbow ,or shoulder) | |
| 5-Place the dominant hand forearm close to surface to be perccused | |  | |
| 6-Keep dominant hand wrist and forearm as relaxed as possible | | 6-This provides the lightest touch capable of producing a clear sound | |
| percussion%20step%202 | |  | |
| 7-With relaxed wrist motion; use the tip of flexed middle finger of dominant hand(plexor) to tap just beneath the distal joint of the middle finger of nondominant hand  \*perpendicularly (90 degrees angle )  \*directly  \*quickly | | 7-This provides the strongest strike where the greatest pressure is exerted on the surface to be perccused.  \*don’t tap with finger pads(short nails is a must) |
| percussion%20step%203 | | indirect%20percussion |
| 8-Lift the tip of middle finger of dominant hand rapidly between strikes | | 8-Avoids dampening the vibrations |
| 9-Move nondominant hand to cover the entire area to be percussed | |  |
| 10-Keep consistent degree of firmness exerted by the hyper extended finger while moving from area to area | | 10-Different degrees of firmness cause the sound to vary |
| 11-Listen for sounds’:  **Amplitude**: Loudness or intensity of the sound, it ranges from loud, medium loud, soft, to very soft.  **Quality**: type of note that describes the density of the organ that ranges from hollow, fluid, partially dense, to dense | |  |
| 4-Auscultation |  | |
| **Technique** | **Rational** | |
| 1-Determine which side of stethoscope to use   * diaphragm * bell | ***1-Diaphragm*** detects high-pitched sounds (breath, bowel)  ***Bell*** detects low-pitched sounds (heart, vessels) | |
| 2-Eliminate extraneous sounds by  \*remove clothes  \*wet body hair  \*avoid rubbing head of stethoscope against body surface | 2-The function of stethoscope is to block extraneous sounds and concentrate body sounds, it DOES NOT magnify sounds. | |
| 3-Disinfect stethoscope  \*head between patients;&  \*earpiece if you use other persons’ stethoscope | 3-Eliminates possible vector infection | |
| 4-Warm the stethoscope with your hand | 4-Cold stethoscope causes involuntary muscle contractions that draws out other sounds | |
| 5-Slope the earpiece in ears such that they face towards nose | 5-This directs sounds towards the ear canals | |
| 6-Place the head of stethoscope on body area to be assessed |  | |
| \*if using diaphragm: hold it **firmly** enough against the patient’s skin to leave a slight ring afterward | To block extraneous sounds | |
| auscultation%20with%20bell | auscultation%20with%20diaphragm%20&cp | |
| \*if using bell :hold it **lightly** against the skin enough to form a seal | Holding the bell too firmly causes the skin to act as a diaphragm which obliterates low-pitched sounds | |

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| --- | --- |
| 7- May close eyes and listen | 7-It helps focusing attention |
| ***Listen and identify the sound’s***:  **Intensity**: strength  **Pitch**: loudness of the peak  **Duration**: length that each sound cycle lingers |  |

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| King Saud University Application of Health Assessment  Collage of Nursing NURS 225  NURSING DEPT. Performance checklist  **Physical Examination Techniques**  **The student nurse should be able to:** | | | | | |
| **Performance criteria** | **Competency level** | | | | |
| **Technique** | **Competent** | | **Not Competent** | | **Comment** |
|  | Trial 1 | Trial 2 | Trial 1 | Trial 2 |  |
| **Preparation**: |  |  |  |  |  |
| **Conduct** general survey |  |  |  |  |  |
| **Review** interview note |  |  |  |  |  |
| **Explain** procedure |  |  |  |  |  |
| **Position** and **drape** patient correctly |  |  |  |  |  |
| Ensure adequate **light** |  |  |  |  |  |
| **Explain** procedure to patient |  |  |  |  |  |
| **Wash** hands |  |  |  |  |  |
| Put the patient in sitting **position** |  |  |  |  |  |
| **Expose** body part to be examined and **Drape** patient appropriately |  |  |  |  |  |
| **Compare** findings of any side of body to the other |  |  |  |  |  |
| Follow the **IPPA** **sequence** |  |  |  |  |  |
| **Inspection** |  |  |  |  |  |
| Expose body area to be examined sufficiently |  |  |  |  |  |
| *Inspect for* :color ,odor ,sounds ,shapes ,texture ,size , location ,movement ,symmetry |  |  |  |  |  |
| **Palpation** |  |  |  |  |  |
| Inform client to expect occasional discomfort |  |  |  |  |  |
| Ask client to report pain |  |  |  |  |  |
| Warm hands |  |  |  |  |  |
| Keep eyes on patients face |  |  |  |  |  |
| Cover entire area to be assessed systematically |  |  |  |  |  |
| Keep tender areas last |  |  |  |  |  |
| Start with light palpation |  |  |  |  |  |
| **Light palpation** |  |  |  |  |  |
| Hold the tips of 2-3 fingers together |  |  |  |  |  |
| Press gently on the skin to a depth of 1-2 cm |  |  |  |  |  |
|  | Trial 1 | Trial 2 | Trial 1 | Trial 2 |  |
| Use dorsal part of hand to assess temperature |  |  |  |  |  |
| *Palpate for: t*exture, swelling, pulsation ,lumps ,tenderness ,temperature ,moist ,elasticity |  |  |  |  |  |
| **Deep Palpation** |  |  |  |  |  |
| Instruct patient to relax |  |  |  |  |  |
| Press down 4-5 cm with the finger tips of both hands |  |  |  |  |  |
| Place one hand on top of other if needed |  |  |  |  |  |
| **Direct Percussion** |  |  |  |  |  |
| Instruct patient to tell which areas are painful during test |  |  |  |  |  |
| Use one or two fingers |  |  |  |  |  |
| Tap finger pads directly on body part |  |  |  |  |  |
| *Percuss for :*Sound *,T*enderness |  |  |  |  |  |
| **Indirect percussion** |  |  |  |  |  |
| Press and hyperextend the distal part and joint of middle finger of nondominant hand firmly on the body part to be assessed |  |  |  |  |  |
| Keep the rest of the nondominant hand off the body surface |  |  |  |  |  |
| Bring the dominant hand wrist over the nondominant hand wrist |  |  |  |  |  |
| Flex the dominant hand wrist |  |  |  |  |  |
| Place the dominant hand forearm close to surface to be percussed |  |  |  |  |  |
| Use the tip of flex middle finger of dominant hand to tap beneath the distal joint of the middle finger of nondominant hand  \*perpendicularly  \*directly  \*quickly |  |  |  |  |  |
| Lift the tip of middle finger of dominant hand rapidly between strikes |  |  |  |  |  |
| Move nondominant hand to cover the entire area to be percussed |  |  |  |  |  |
| Keep consistent degree of firmness exerted by the hyper extended finger while moving from area to area |  |  |  |  |  |
| Listen for sounds’: Amplitude , Quality |  |  |  |  |  |
|  | Trial 1 | Trial 2 | Trial 1 | Trial 2 |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Auscultation** |  |  |  |  |  |
| Disinfect stethoscope |  |  |  |  |  |
| Eliminate extraneous sounds |  |  |  |  |  |
| Warm the stethoscope with hand |  |  |  |  |  |
| Slope the earpiece in ears facing towards nose |  |  |  |  |  |
| Place the **head** of stethoscope on body area to be assessed  using **diaphragm**: hold it **firmly** enough against the patient’s skin to leave a slight ring afterward |  |  |  |  |  |
| Place the **head** of stethoscope on body area to be assessed  using **bell** :hold it **lightly** against the skin enough to form a seal |  |  |  |  |  |
| Listen and identify the sound’s  Intensity ,Pitch ,Duration |  |  |  |  |  |

**Physical examination documentation format**

**Instructions:** follow general survey&put a mark at the term that describes your client,

and specify when indicated.

|  |  |
| --- | --- |
| **I. Physical Appearance** | |
| **1-Age**: the **person appears** \_his or her stated age. \_ older, \_smaller, \_younger |  |
| **2-**:**Sexual development**  \_ is appropriate for gender \_ is appropriate for age  \_ shows delayed puberty \_ shows early puberty \_ is inappropriate to gender |  |
| **3-Level of consciousness** **: the person**  \_alert \_ oriented  \_ attends to questions \_ responds appropriately \_ Confused  \_drowsy \_ Lethargic. |  |
| **4-Skin** : \_evencolor \_ intact \_ Pallor \_cyanosis  \_ jaundice \_lesions--------------------- |  |
| **5-Facial features**: \_ symmetric with movement \_. Immobile  \_ mask like \_ asymmetric \_ drooping. |  |
| **6-** **signs of** **acute distress:\_** Not present \_ Shortness of breath \_ wheezing  \_ facial grimace \_ holding body part------------ \_others--------- |  |
| **II. BODY STRUCTURE** | |
| **1-Stature** – normal \_ Excessively short \_ Excessively tall |  |
| **2-Nutritional status:** –normal \_Cachectic, \_emaciate\_ Obese. |  |
| **3-Symmetry**: **body parts look** \_normal \_ Unilateral atrophy  \_ Unilateral hypertrophy \_Asymmetrically located. |  |
| **4-Posture: –**erect \_ moves as one unit \_Stiff  \_tense \_ deflated. |  |
| **5-Position: the person** \_sits comfortable \_ Leans forward \_ arms braced on chair arms \_Sits straight up \_ resists lying down  \_Curled up in fetal position. |  |
| **6-Body build, contour**: \_Elongated arm span \_Trunk taller than lower extremities  \_ Trunk shorter than lower extremities. |  |
| **7-Physical deformities :–** Absent \_Present----------------- |  |
| **III. MOBILITY** | |
| **1-Gait**: – normal \_ Exceptionally wide base \_Staggered  \_ stumbling \_Shuffling \_ dragging \_non-functional limb ------------ \_Limping with injury------------- \_Propulsion. |  |
| **2-Range of motion** : \_normal \_ Limited joint range of motion ---------------------  \_ Paralysis \_ uncoordinated movement | . |
| **3-Involuntary movement: \_** absent \_ Tics \_ tremors \_ seizures |  |
| **IV. BEHAVIOR** | |
| **1-Facial expression**: – normal \_Flat \_ depressed \_ angry  \_sad \_ anxious |  |
| **2-Mood and affect:** **the person appears** –comfortable \_ cooperative  \_ Hostile \_ distrustful \_ suspicious \_ crying |  |
| **3-Speech:** –normal \_ Dysarthria \_ dysphagia \_ monotone \_ garbled  \_talks few words \_ Constant talking. |  |
| **4-Dress:**  –appropriate \_ inappropriate |  |
| **5-Personal hygiene:** ––appropriate \_ inappropriate |  |

King Saud University Application of Health Assessment

Collage of Nursing NURS 225

Medical- surgical Nursing Performance checklist

**General Survey**

**The student nurse should be able to:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Performance Criteria** | **Competency level** | | | | |
| **Collects General Survey data related to:** | **Competent** |  | **Not Competent** |  | **Comment** |
| **I. Physical Appearance** | **trial 1** | **trial 2** | **trial 1** | **trial 2** |  |
| **1. Age**. |  |  |  |  |  |
| **2.Sex** |  |  |  |  |  |
| **3.Level of consciousness** |  |  |  |  |  |
| **4.Skin color** |  |  |  |  |  |
| **5.Facial features** |  |  |  |  |  |
| **6**. **Acute distress** Signs. |  |  |  |  |  |
| **II. BODY STRUCTURE** | |  |  |  |  |
| **1.Stature** |  |  |  |  |  |
| **2.Nutritional status** |  |  |  |  |  |
| **3.Symmetry** |  |  |  |  |  |
| **4.Posture** |  |  |  |  |  |
| **5.Position** |  |  |  |  |  |
| **6. Body build, contour**. |  |  |  |  |  |
| **7.Physical deformities** |  |  |  |  |  |
| **III. MOBILITY** | |  |  |  |  |
| **1.Gait** |  |  |  |  |  |
| **2. Range of motion**. |  |  |  |  |  |
| **3.Involuntary movement** |  |  |  |  |  |
| **IV. BEHAVIOR** | |  |  |  |  |
| **1.Facial expression** |  |  |  |  |  |
| **2.Mood and affect** |  |  |  |  |  |
| **3.Speech** |  |  |  |  |  |
| **4.Dress** |  |  |  |  |  |
| **5.Personal hygiene** |  |  |  |  |  |
|  |  |  |  |  |  |
| **Document General Survey data according to designated format.** |  |  |  |  |  |

Choose the correct answer for each of the following questions:

1. Physical examination should be conducted systematically, means that it is
   1. Right to left examination
   2. Head to toe examination
   3. Left to right examination
   4. Toe to head examination
2. All examination techniques may involve the use of equipment EXCEPT:
   1. inspection
   2. palpation
   3. percussion
   4. Auscultation
3. The sequence of the four examination techniques is.
   1. Inspection, percussion, palpation, auscultation
   2. Inspection, palpation, percussion, auscultation
   3. Auscultation, palpation, percussion, inspection
   4. percussion, palpation, auscultation , inspection
4. Tender areas examination should be kept till end of examination during:
   1. Inspection
   2. Palpation
   3. Percussion
   4. Auscultation
5. The diaphragm of the stethoscope is used to auscultate :

a. High –pitched sound

b. Low \_pitched sound

c . Medium\_pitched sound

d. No –pitched sound

1. In percussion technique the nondominant hand should be kept :

a. off the body surface

b. directly on the body surface

c. perpendicular to the body surface

d. All the above

1. During palpation the examiners eyes should be focused on:

a. The clients face

b .Body part being palpated

c. The examiners hands

d. None of the above

|  |  |
| --- | --- |
| *Steps*  ***\*A-Triceps skin fold thickness (TSF):--***  1-Find the midpoint circumference of the arm by placing the tap measure halfway between the axilla and elbow.  2-Grasp a fold of skin and fat on the posterior aspect of the patient `s left arm with your thumb and forefinger about 1cm above the midpoint  3-Repeat three times and average the three skin fold measurement  4-Record the measurement to the nearest millimeter.  5-Compare the patient’s measurement with standard.    ***\*B-Mid upper arm circumference***  1-Measure the midarm circumference by placing  the tap horizontally at midpoint ,then tighten it firmly around the arm . as shown in picture 3.  2-Recod the measurement in centimeters.  3-Compare the finding with standard. | *rational*  1. to perfect measurement  2. to grasp fat not muscle  3. to validate measurement  4. as standard normal  5. to detect deviation from normal    1. to perfect measurement and to avoid compression the soft tissue  2.as standard normal  3. to detect deviation from normal |

**Nutrition Screening Patient Interview Form**

**Instructions:** Circle or fill in the blanks with actual physical assessment findings.

**Nutrition Screening Patient Interview Form**

**Instructions:** Circle or fill in the blanks with actual physical assessment findings

WNL=Within Normal Limits for age. Mark items which require additional documentation with an asterisk (\*) and document in the Nurse’s Notes sections of the Daily Nurses Record.

**Pt. Identification data**

Name-------------- Age----- Sex----- occupation ----------- Marital status----------

Tel/Address---------------------- Known Allergies---------------------------------

**General Survey**

Physical appearance \_ WNL, abnormality----------------- Body structure \_WNL, abnormality---------------

Mobility \_WNL, abnormality------------------------ Behavior \_ WNL, abnormality---------

**Present history**

**Chief complaint: P------------------------------------------------- P ------------------------------------**

**Q------------------------------------------------ R------------------------------------------- R--------------**

**S------------------------------------------------ T-------------------------------------------**

**Associated symptoms -------------------------------Medication -----------------------------------------------------------------------------------------------**

**Past history--------------------------------------------------------------------------------------------------**

**-----------------------------------------------------------------------------------------------------------------**

**Family) history---------------------------------------------------------------------------------------------**

**-----------------------------------------------------------------------------------------------------------------**

**Check if person is experiencing any of the following problems;-**

÷ Reduce food intake by 1/2 in 3days ÷ recent weight loss ÷ Recent weight gain.

÷ Diabetes /renal disease /liver disease, other……………..

**Appetite**. ÷ Good ÷ fair ÷ bad

÷ Difficulty chewing /swallowing

÷ Vomiting ÷ Diarrhea ÷Constipation

÷ Regular diet ÷ Especial diet .what type --------------?

÷ medications. What type? --------------Frequency? /duration of use?

÷ Substance abuse. What type? --------------Frequency?

Duration of use? ------------

÷ pregnancy/ lactation

Anthropometric measurement ÷ body mass index……………………….

÷ Triceps skin fold index………………..

÷ mid upper arm circumference………………….

King Saud University

College of Nursing

*Medical-Surgical Department*

Application of Health Assessment

NUR 225

Performance checklist

# Nutritional assessment

# The student nurse should be able to

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Performance Criteria | Competency level | | | | **comment** |
|  | **Competent** | | **Not Competent** | |  |
|  | Trial 1 | Trial 2 | Trial 1 | Trial 2 |  |
| \*Collect appropriate subjective data related to nutritional history. |  |  |  |  |  |
| \*Prepare required equipment. |  |  |  |  |  |
| \*Explain procedure to the patient. |  |  |  |  |  |
| \*Perform anthropometric measurement    **A**. ***Triceps skin fold thickness (TSF )*** |  |  |  |  |  |
| ***B. Mid upper arm circumference (MAC)*** |  |  |  |  |  |
| c.***Body Mass Index (BMI)*** |  |  |  |  |  |
| \*Document finding following designated  Format. |  |  |  |  |  |

**Instructor signature: -----------------------**