**King Saud University**

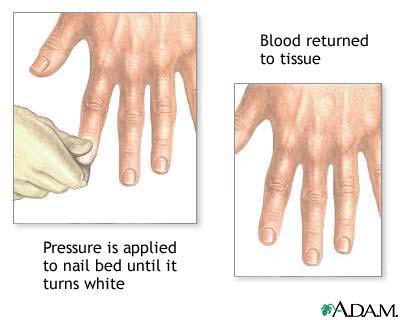
**Collage of Nursing**

**Medical-Surgical Nursing**

1. Prepare equipment
2. Prepare patient and environment
3. Obtain health history
4. Conduct physical examination

|  |  |
| --- | --- |
| **NORMAL RANGE OF FINDINGS** | **ABNORMAL FINDINGS** |
| **Color**  Varies with skin tone  Light skinned, milky white to rosy  Dark skinned - tones of brown and yellow | Brown – Genetic / sunlight  Cyanosis – Anxiety / cold heart or lung diseases  Reddish blue – Polycythemia  Red – Fever / local inflammation/ old exposure  Yellow – Liver Disease / Chronic Renal Disease / Drug induced  Decreased Colour – Albinism /  Vitiligo / Anemia / Shock |
| ***Moisture*:** Dry , Moderate amount of perspiration in face hands axillae, skin folds  **Temperature**  Should be even all over, although exposed parts may be cooler | Diaphoresis (overly moist)  Dehydration (overly dry)  A marked difference in temperature of upper and lower extremities can indicate decreased perfusion and cardiac output |
| **Turgor / texture**  Smooth, rough, intact, dry  Pinch up a large fold of skin on the interior chest (over sternum or under the clavicle) or forearm and release, inspect for ease of skin rising and time to return to place | Hypothermia (cold) generalized or localized  Hyperthermia( hot) generalized or localized  Turgor is an excellent indicator of adequate hydration and nutrition  Tight or stretched and difficult to move. \* Poor turgor; Wrinkled, (returns to place in more than 30 seconds) |
| **Bruises, scars, scratches, wounds, unusual marks, lesions** | Generalized rash – consider allergic reaction |
| **Describe location, size , color, mobility, edge ,depth , elevation, and consistency**  **Note type of skin lesion** | Generalized change in skin color (jaundice, cyanosis, pallor) suggests systemic illness  Localized skin changes – hypo pigmentation – change in color  Macule, patch , papule , nodule, tumor , vesical, pustule, fissure, scale , crust. |

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| **Hair**  Texture / thickness Color / distribution / hygiene  May be thick or thin, course or fine, straight or curly  Assess for recent hair loss Look for  Pediculosis (lice/nits), unusual patterns i.e. hair whorls | | Thick hair needs close inspection  **Alopecia** – a significant loss of hair  **Hirsutism**- excessive hair  If there is a reddish hue ask if henna has been used | |
| **Nails**  Shape, contour, consistency, color  Nail beds should be pink.  Nails should be convex in shape, smooth and flexible, not brittle or thickening  **Clubbing test**  **Test capillary re fill** | Note cyanosis, clubbing (base of nails becomes swollen and feels as if floating when touched)  **Clubbing** appears with congenital chronic cyanotic heart disease, emphysema, chronic bronchitis  **Pits, grooves or lines** may indicate nutrient deficiency or may accompany acute illness  **Nails are thickened** with arterial insufficiency  greater than 2 seconds may indicate:   * Dehydration * [Shock](http://www.nlm.nih.gov/medlineplus/ency/article/000039.htm) * [Peripheral vascular disease](http://www.nlm.nih.gov/medlineplus/ency/article/000170.htm) (PVD) * [Hypothermia](http://www.nlm.nih.gov/medlineplus/ency/article/000038.htm) | |



**Performance checklist**

**Skin, Nail and Hair**

**Skin**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Count 3 signs of skin disorder** |  | **Done**  **perfectly** | **poor** | **Not**  **done** | **mark** |
|  | 1. **Hair loss** |  |  |  |  |
|  | 1. **Rash** |  |  |  |  |
|  | 1. **Moles** |  |  |  |  |

**Skin**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Examination of moles** |  | **Done**  **perfectly** | **poor** | **Not**  **done** | **mark** |
|  | 1. **Asymmetry** |  |  |  |  |
|  | 1. **Irregular border** |  |  |  |  |
|  | 1. **Change in color** |  |  |  |  |
|  | 1. **Diameter** |  |  |  |  |
|  | 1. **Elevation** **or enlargement** |  |  |  |  |

**Skin**

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| **Inspect the skin** |  | **Done**  **perfectly** | **poor** | **Not**  **done** | **mark** |
|  | 1. **Patient wear gown** |  |  |  |  |
|  | 1. **Privacy** |  |  |  |  |
|  | 1. **Good lighting** |  |  |  |  |
|  | 1. **Inspect the nails** |  |  |  |  |

**Skin**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristic of skin examination** |  | **Done**  **perfectly** | **poor** | **Not**  **done** | **mark** |
|  | 1. **Cleanliness** |  |  |  |  |
|  | 1. **Odor** |  |  |  |  |
|  | 1. **Color** |  |  |  |  |
|  | 1. **Moisture** |  |  |  |  |
|  | 1. **Temperature** |  |  |  |  |
|  | 1. **Texture** |  |  |  |  |
|  | 1. **Mobility & turgor** |  |  |  |  |
|  | 1. **lesions** |  |  |  |  |
|  | 1. **Edema** |  |  |  |  |

**Skin**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **examining the lesions** |  | **Done**  **perfectly** | **poor** | **Not**  **done** | **mark** |
|  | 1. **location** |  |  |  |  |
|  | 1. **Shape & pattern** |  |  |  |  |
|  | 1. **Type of lesion** |  |  |  |  |
|  | 1. **Color** |  |  |  |  |

**Skin**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Examination of nails** |  | **Done**  **perfectly** | **poor** | **Not**  **done** | **mark** |
|  | 1. **Cleanliness** |  |  |  |  |
|  | 1. **Color and shape** |  |  |  |  |
|  | 1. **lesions** |  |  |  |  |
|  | 1. **Clubbing** |  |  |  |  |
|  | 1. **Capillary refill** |  |  |  |  |

**Hair**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristic of Hair examination** |  | **Done**  **perfectly** | **poor** | **Not**  **done** | **mark** |
|  | 1. **Cleanliness** |  |  |  |  |
|  | 1. **Color** |  |  |  |  |
|  | 1. **Texture** |  |  |  |  |
|  | 1. **Amount and Distribution** |  |  |  |  |
|  | 1. **lesions** |  |  |  |  |

**Test Your Knowledge!**

1. When assessing skin turgor, you grasp the skin on the back of the hand.

a. True

b. False

2. Differences in temperature of the skin from upper to lower extremities indicate respiratory distress.

a. True

b. False

3. Alopecia is a significant increase in hair distribution.

a. True

b. False

4. Clubbing of the nails is characterized by a spongy feeling in the base of the nails.

a. True

b. False

5-Cappilary refill time more than 2 second most commonly sign in [Peripheral vascular disease](http://www.nlm.nih.gov/medlineplus/ency/article/000170.htm) (PVD)

a. True

b. False