

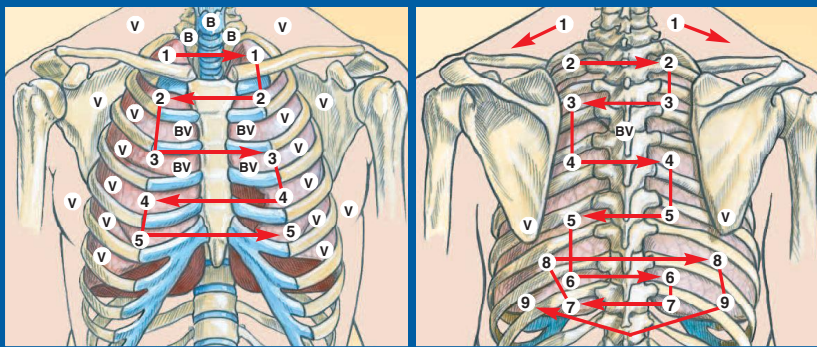
NURSING

ASSESSING LUNG SOUNDS

To auscultate lung sounds, move the diaphragm of your stethoscope according to the numbers on the corresponding diagram.

There are three normal breath sounds.

- (B) **Bronchial breath sounds**-loud, harsh, high pitched.
Heard over trachea, bronchi (between clavicles and midsternum), and over main bronchus.
- (BV) **Bronchovesicular breath sounds**-blowing sounds, moderate intensity and pitch.
Heard over large airways, on either side of sternum, at the Angle of Louis, and between scapulae.
- (V) **Vesicular breath sounds**-soft breezy quality, low pitched.
Heard over the peripheral lung area, heard best at base of lungs.



ADVENTITIOUS LUNG SOUNDS

| SOUND | CHARACTERISTICS | LUNG PROBLEM |
|-----------------------------|--|--|
| Crackles | popping, crackling, bubbling, moist sounds on inspiration | pneumonia, pulmonary edema, pulmonary fibrosis |
| Rhonchi | rumbling sound on expiration | pneumonia, emphysema, bronchitis, bronchiectasis |
| Wheezes | high-pitched musical sound during both inspiration and expiration (louder) | emphysema, asthma, foreign bodies |
| Pleural Friction Rub | dry, grating sound on both inspiration and expiration | pleurisy, pneumonia, pleural infarct |

ARTERIAL BLOOD GAS ANALYSIS (ABGs)

| | |
|-------------------|----------------|
| pH | 7.35 to 7.45 |
| PaCO ₂ | 35 to 45 mm Hg |
| HCO ₃ | 22-26 mEq/L |

A quick method of analysis:

Look at the pH first. Draw an arrow if it is low or high. An arrow indicating low (↓) means acidosis. An arrow indicating high (↑) means alkalosis. Next, look at the respiratory indicator (PaCO₂). Draw an arrow if it is low or high.

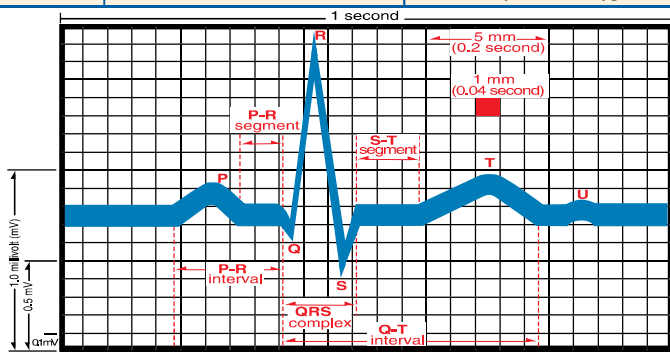
Interpretation: If the arrows are in the opposite direction, the problem is respiratory in nature-either resp. acidosis or resp. alkalosis. Next, look at the metabolic indicator (HCO₃). Draw an arrow if it is low or high.

Interpretation: If the pH arrow and the metabolic arrow are in the same direction, the problem is of metabolic in nature-either metab. acidosis or metab. alkalosis.

Additional analysis: *Compensation* is present if the arrows of PaCO₂ and HCO₃ are opposite. *Partial compensation* is present if the arrows of PaCO₂ and HCO₃ point in the same direction.

NORMAL EKG PATTERN

| COMPLEX | NORMAL LENGTH OF TIME | WHAT IT REPRESENTS |
|--------------------|---|---|
| P wave | <.12 sec | depolarization of atria-preparation for contraction |
| PR interval | .12 to .2 sec | time for impulse to spread from atria to ventricles |
| QRS complex | 0.04 to 0.11 sec | depolarization of the ventricles |
| ST segment | -0.5 and +1.0 mm below and above the baseline | completion of ventricular depolarization |
| QT interval | up to 0.43 sec | electrical systole |
| T wave | <5 mm in amplitude | repolarization of ventricles |
| U wave | | sometimes follows T wave may indicate hypokalemia |



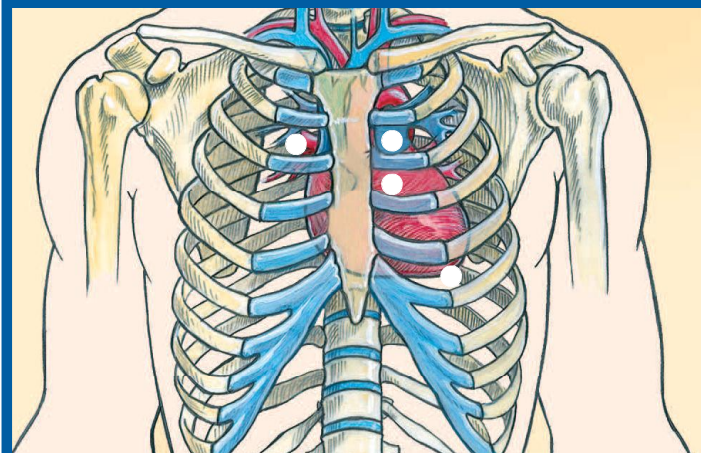
GRADING OF HEART MURMURS

- Grade I** Faint; heard after nurse has concentrated
- Grade II** Faint murmur heard immediately
- Grade III** Moderately loud, not associated with thrill
- Grade IV** Loud and may be associated with a thrill
- Grade V** Very loud; associated with thrill
- Grade VI** Very loud; heard with stethoscope off chest, associated with thrill

HEART SOUNDS

Heart sounds produced by valve closure are best heard where blood flows away from the valve instead of directly over the valve. The white circled areas on the corresponding diagram indicate optimal placement of the stethoscope for auscultating heart sounds.

- The systolic phase begins with the first heart sound (S1), the closure of the mitral and tricuspid (AV) valves.
- The diastolic phase begins with the second heart sound (S2), the closure of the aortic and pulmonic (semilunar) valves.



CARDIAC ENZYMES

| ENZYME | NORMAL | OCCURS AFTER ACUTE ISCHEMIC EVENT | PEAKS |
|--|--|-----------------------------------|--------------|
| CK-MB Creatine kinase-myocardial muscle | 0-7 U/L fraction of total CK | 4 to 6 hrs | 18 to 24 hrs |
| LDH ₁ Lactic dehydrogenase | 29-37% 0.15 to 0.40 fraction of total | 48 hrs | 4 to 6 days |
| LDH ₂ | 42-48% 0.20 to 0.45 fraction of the total | 48 hrs | 4 to 6 days |
| SGOT, AST Aspartate aminotransferase | 7 to 27 U/L | 8 to 12 hrs | 48 hrs |

CRANIAL NERVES (CN)

| CRANIAL NERVE | TYPE | FUNCTION | ASSESSMENT |
|---------------------------------------|-------------------------------------|--|--|
| I Olfactory | sensory | smell | identify familiar odors with each nare separately |
| II Optic | sensory | vision | Snellen chart, examine ocular fundus with ophthalmoscope, assess light reflex |
| III Oculomotor | motor parasympathetic | extraocular eye movement, elevation of eyelid pupil constriction | assess EOM with 6 cardinal positions of gaze cover/uncover test assess constriction with light |
| IV Trochlear | motor | extraocular eye movement | same as CN III |
| V Trigeminal Ophthalmic branch | sensory | somatic sensations of cornea and face | palpate temporal and masseter muscles teeth clenched |
| Maxillary branch | sensory | somatic sensations of face, oral cavity, anterior 2/3 of tongue, teeth | test corneal reflex, touch forehead, cheeks, and chin with cotton wisp |
| Mandibular branch | sensory motor | somatic sensation lower face mastication | symmetrical comparisons bite down or chew |
| VI Abducens | motor | lateral eye movement | look to 'right and left' |
| VII Facial | motor sensory parasympathetic | facial expression taste, anterior 2/3 of tongue salivation | smile, frown, puff cheeks identify taste assess for saliva |
| VIII Vestibular | sensory | equilibrium | observe balance |
| Cochlear | sensory | hearing | hearing acuity, Weber & Rinne test |
| IX Glosso-pharyngeal | sensory motor | taste, post. 1/3 of tongue, pharyngeal sensation swallowing | identifies taste test gag reflex, use tongue blade, note rise of uvula with "ahhh" |
| X Vagus | sensory motor parasympathetic | sensation in pharynx, larynx, and external ear swallowing thoracic and abdominal visceral activity | test same as CN IX test same as CN IX draw pencil line toward umbilicus |
| XI Spinal accessory | motor | neck and shoulder movement | push chin against hand, shrug shoulder |
| XII Hypoglossal | motor | tongue movement | move tongue side to side against a tongue depressor |

SYMPTOM ANALYSIS

When assessing a client's problem, remember all these areas to help the client describe the problem fully. Using the mnemonic device, PQRST, a systematic and thorough assessment is possible by considering all of the following areas.

P Provocative/Palliative

What causes it? What makes it better? What makes it worse?

Q Quality/Quantity

How does it feel, look, or sound, and how much of it is there?

R Region/Radiation

Where is it? Does it spread?

S Severity Scale

Does it interfere with ADL? How does it rate on a severity scale of 1 to 10?

T Timing

When did it begin? How often does it occur? Is it sudden or gradual? How long does an episode of the symptom last?

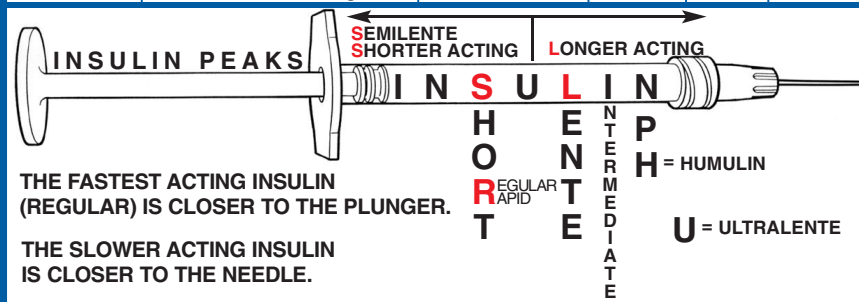
GLASGOW COMA SCALE (GCS)

A neurologic assessment scale that provides objective measurement of level of consciousness, pupil reaction, and motor activity. The total of the three scores can range from 3 to 15. A client who is oriented, opens the eyes spontaneously, and follows commands scores a 15. A client in a deep coma would score a 3. The first GCS score becomes the baseline. Future scores indicate trends or changes in neurologic status.

| MEASURE | RESPONSE | SCORE |
|------------------------|------------------------------|-------|
| Eye response | opens spontaneously | 4 |
| | opens to verbal command | 3 |
| | opens to pain | 2 |
| | no response | 1 |
| Motor response | reacts to verbal command | 6 |
| | reacts to painful stimuli | |
| | identifies localized pain | 5 |
| | flexes and withdraws | 4 |
| | assumes flexor posture | 3 |
| Verbal response | assumes extensor posture | 2 |
| | no response | 1 |
| | is oriented and converses | 5 |
| | is disoriented but converses | 4 |
| | uses inappropriate words | 3 |
| | makes unintelligible sounds | 2 |
| | no response | 1 |

INSULIN TYPES AND ACTION TIMES

| ACTION | TYPE OF S.C. INSULIN | APPEARANCE | ACTION IN HOURS | | |
|--------------|-----------------------|------------|-----------------|-------|----------|
| | | | Onset | Peak | Duration |
| Short | Regular | clear | 1/2-1 | 2-4 | 5-8 |
| | Semilente | cloudy | 1-1.5 | 2-8 | 8-16 |
| Intermediate | NPH | cloudy | 1-2 | 6-12 | 18-26 |
| | Lente | cloudy | 1-3 | 6-12 | 18-26 |
| Long | Protamine zinc | cloudy | 4-6 | 18-24 | 28-36 |
| | Ultralente | cloudy | 4-6 | 14-24 | 36 |
| Premixed | 70% NPH & 30% regular | cloudy | 1/2 | 2-12 | 18-24 |



PRESSURE SORE STAGING

Stage I

Nonblanchable erythema that remains red 30 min. after pressure has been relieved. Epidermis remains intact.

Stage II

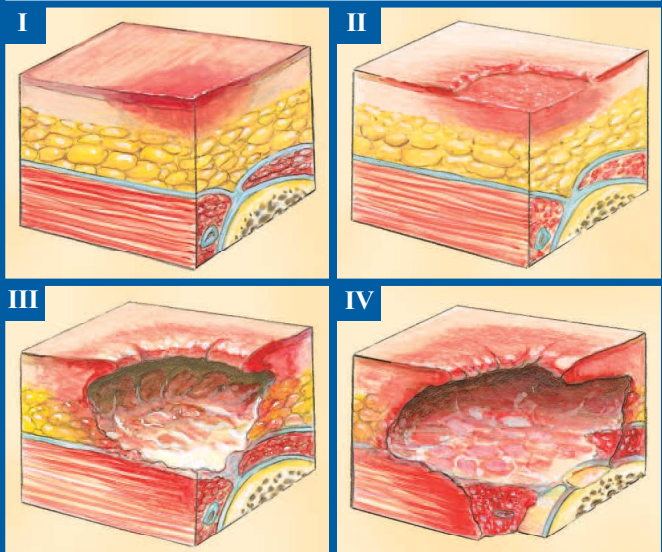
Epidermis is broken, lesion is superficial and there is partial-thickness skin loss.

Stage III

Full-thickness skin loss down through the dermis which may include subcutaneous tissue.

Stage IV

Full-thickness skin loss extending into supportive structures, such as muscle, tendon, and bone.



MUSCLE STRENGTH

- 5 Normal strength. Muscle is able to move through a full range of motion (ROM) against gravity and applied resistance.
- 4 Muscle is able to move through a full ROM against gravity but with weakness to applied resistance.
- 3 Muscle is able to move actively against gravity alone.
- 2 Muscle is able to move with support against gravity.
- 1 Muscle contraction is palpable and visible.
- 0 Muscle contraction or movement is undetectable.

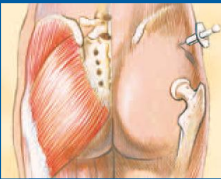
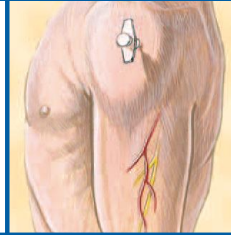
COMMON MEDICAL ABBREVIATIONS

| | |
|-----------|--|
| ABG | arterial blood gas |
| a.c. | before meals |
| ADL | activities of daily living |
| ad lib | as desired |
| AP | anteroposterior |
| A&P | anterior and posterior |
| ASHD | arteriosclerotic heart disease |
| AV | arteriovenous, atrioventricular |
| b.i.d. | twice a day |
| bpm | beats per minute |
| c | with |
| CAD | coronary artery disease |
| cc | chief complaint, cubic centimeter |
| cm | centimeter |
| C&S | culture and sensitivity |
| CSF | cerebrospinal fluid |
| CT | computed tomography |
| cu | cubic |
| DIC | disseminated intravascular coagulation |
| DSA | digital subtraction angiography |
| FUO | fever of undetermined origin |
| g, gm | gram |
| gr | grain |
| gt, gtt | drop, drops |
| HS | at bedtime, hour of sleep |
| ICS | intercostal space |
| IU | international unit |
| kg | kilogram |
| KVO, KO | keep vein open, keep open |
| KUB | kidneys, ureters, and bladder |
| l | liter |
| lb | pound |
| LUQ | left upper quadrant |
| M | molar |
| m | meter, minim |
| μ | micron |
| mEq | milliequivalent |
| mg | milligram |
| μg | microgram |
| ml | milliliter |
| μl | microliter |
| mm | millimeter |
| NPO | nothing by mouth |
| OTC | over the counter |
| oz | ounce |
| p.c. | after meals |
| PERRLA | pupils equal, round, reactive to light and accommodation |
| P.O. | by mouth |
| prn | as needed, whenever necessary |
| PTCA | percutaneous transluminal coronary angioplasty |
| q | every |
| qh | every hour |
| q2h | every 2 hours |
| q.i.d. | four times a day |
| RLQ | right lower quadrant |
| R/O | rule out |
| ROM | range of motion |
| RUQ | right upper quadrant |
| Rx | prescription |
| s | without |
| SC, SQ | subcutaneous |
| subq | subcutaneous |
| SI | International System of Units |
| SOB | short of breath |
| ss | one-half |
| stat | immediately |
| sx | symptoms |
| T&C | type and crossmatch |
| t.i.d. | three times a day |
| TPR | temperature, pulse, respirations |
| tsp | teaspoon |
| UA | urinalysis |
| ung, ungt | ointment |
| URI | upper respiratory infection |
| UTI | urinary tract infection |

INTRAMUSCULAR INJECTION SITES

MID-DELTOID AREA

The recommended boundaries of the injection area form a rectangle bounded by the lower edge of the acromion process on the top to a point on the lateral side of the arm opposite the axilla or armpit on the bottom. Avoid the acromion and humerus, as well as the brachial veins and arteries. Limit the number of injections here as the area is small and cannot tolerate repeated injections or large quantities of medications >1 ml.

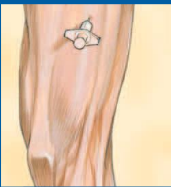
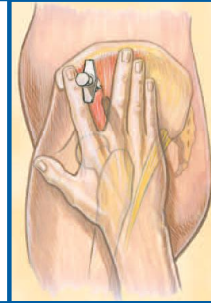


POSTERIOR GLUTEAL AREA (DORSOGLUTEAL)

The most common site for injections. Restrict injections to that portion of the gluteus medius which is above and outside of a diagonal line drawn from the greater trochanter of the femur to the posterior superior iliac spine.

VENTROGLUTEAL AREA

A good site as it is removed from major nerves and vascular structures. Palpate to find the greater trochanter, the anterior superior iliac spine and the iliac crest. When injecting into the left side of the patient, place the palm of the right hand on the greater trochanter and the index finger on the anterior superior iliac spine. Spread the middle finger posteriorly away from the index finger as far as possible along the iliac crest, as shown in the drawing. A "V" space or triangle between the index and middle finger is formed. The injection is made in the center of the triangle with the needle directed slightly upward toward the crest of the ilium. (When injecting into the right side of the patient, use your left hand for placement.)

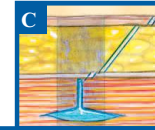
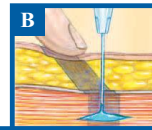
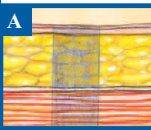


VASTUS LATERALIS AREA

A relatively safe injection site free from major nerves and blood vessels. This injection area is bounded by the mid-anterior thigh on the front of the leg, the mid-lateral thigh on the side, a hand's breadth below the greater trochanter of the femur at the proximal end and another hand's breadth above the knee at the distal end.

Z-TRACK TECHNIQUE

A Z-track technique is used for administering any irritating fluid to 'seal' medication in the muscle. Figure A shows the normal tissue before the injection. As in figure B, retract the tissue, insert the needle, administer medication, remove the needle, and release tissue. Note in figure C, the tissue relationships after the angled Z-tract left by the needle.



5 P'S OF CIRCULATORY CHECKS

P

Pain
Pallor
Paralysis
Paresthesia
Pulse

EDEMA

Assess by placing thumb over the dorsum of the foot or tibia for 5 seconds

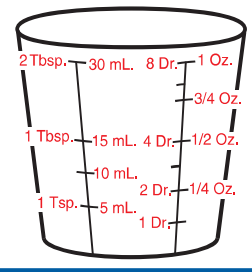
- 0 No edema
- 1+ Barely discernible depression
- 2+ A deeper depression (less than 5 mm) accompanied by normal foot and leg contours
- 3+ Deep depression (5 to 10 mm) accompanied by foot and leg swelling
- 4+ An even deeper depression (more than 1 cm) accompanied by severe foot and leg swelling

PULSES

Peripheral pulses should be compared for rate, rhythm, and quality. Pulses are graded as follows:

- 0 Absent
- +1 Weak and thready
- +2 Normal
- +3 Full
- +4 Bounding

DOSAGE CUP



CALCULATING I.V. DRIP RATE

The physician's order states: 1,000 ml LRS to infuse over 8 hours. The administration set delivers 15 drops per milliliter. What should the drip rate be?

Use the equation:

$$\frac{\text{Total no. of ml}}{\text{Total no. of min}} \times \text{drip factor} = \text{drip rate}$$

Set up the equation using the given data:

$$\frac{1,000 \text{ ml}}{8 \text{ hr} \times 60 \text{ min.}} \times 15 \text{ gtt/ml} = X \text{ gtt/min}$$

After multiplying the number of hours by 60 minutes in the denominator of the fraction, the equation is:

$$\frac{1,000 \text{ ml}}{480 \text{ min}} \times 15 \text{ gtt/ml} = X \text{ gtt/min}$$

After dividing the fraction, the equation is:

$$2.08 \text{ ml/min} \times 15 \text{ gtt/ml} = X \text{ gtt/min}$$

The final answer is 31.2 gtt/min, which can be rounded to 31 gtt/min. The drip rate is 31 drops per minute.

HOUSEHOLD/APOTHECARY/METRIC EQUIVALENTS

| Household | Apothecary | Metric |
|---------------|------------------|---------------------|
| Volume | | |
| --- | = 15-16 minims | = 1 milliliter(ml)* |
| 1 tsp | = 1 fld. dram | = 4-5 ml |
| 1 Tbs | = 3-4 fld. drams | = 15-16 ml |
| 1 cup | = 8 fld. ounces | = 240 ml |
| 1 pint | = 16 fld. ounces | = 480 ml |
| 1 quart | = 32 fld. ounces | = 960 ml |
| Weight | | |
| --- | = 1 grain | = 60-65 mg |
| --- | = 15-16 grains | = 1 gram |
| --- | = 1 dram | = 4 grams |
| 2.2 pounds | = --- | = 1 kg |
| Length | | |
| 1 inch | = --- | = 2.54 cm |
| 39.37 inches | = --- | = 1 meter |

I.V. FLOW RATES

Vary with the type of administration set and the manufacturer.

| Mgf. | Drops/cc | Drops/minute to infuse (GTTs) | | | | |
|-------------------|----------|-------------------------------|-------|-------|------|------|
| | | 24 hr | 20 hr | 10 hr | 8 hr | 6 hr |
| 1,000ml | | 24 | 30 | 60 | 75 | 100 |
| cc/hr | | 42 | 50 | 100 | 125 | 166 |
| Abbott | 15 | 10 | 12 | 25 | 31 | 42 |
| Baxter Healthcare | 10 | 7 | 8 | 17 | 21 | 28 |
| Cutter | 20 | 14 | 17 | 34 | 42 | 56 |
| IVAC | 20 | 14 | 17 | 34 | 42 | 56 |
| McGaw | 15 | 10 | 12 | 25 | 31 | 42 |

CONVERSION FACTORS

| Weight | | | C ^o | F ^o |
|----------------------------|-------------------|-----------|----------------------|----------------|
| 1 gr | = 60-65mg | | 37.0 | 98.6 |
| 1 mg | = 1000 mcg | | 37.8 | 100 |
| 1 Gm | = 1000 mg | = 15 gr | 38.4 | 101.1 |
| 1 kg | = 1000 Gm | = 2.2 lb | 39 | 102.2 |
| Volume | | | 39.6 | 103.3 |
| 1 ml* | = 15 or 16 minims | | | |
| 5 ml | = 1 fld. dr | = 1 tsp | | |
| 15 ml | = 4 fld. dr | = 1 tbsp | | |
| 30 ml | = 8 fld. dr | = 1 ounce | | |
| * ml and cc are equivalent | | | | |
| | | | °F = (°C x 1.8) + 32 | |
| | | | °C = (°F-32) ÷ 1.8 | |

COMPLETE BLOOD COUNT (CBC) AND DIFFERENTIAL

| CBC COMPONENT | ADULT | |
|--------------------------------------|--|-------------------------------|
| | Male | Female |
| Red blood cells (RBC) | 4.5 - 6.2 mm ³ | 4.2 - 5.4 mm ³ |
| Hematocrit (Hct) | 40 - 54% | 37 - 47% |
| Hemoglobin (Hgb) | 13.5 - 18 g/dl | 12 - 16 g/dl |
| Red blood cell indices | | |
| MCV (mean corpuscular vol) | 80 - 94 μm³ | 84 - 99 μm³ |
| MCH (mean corpuscular Hgb) | 26 - 34 pg | |
| MCHC (mean corpusc. Hgb conc) | 32 - 36% | |
| White blood cells (WBC) | 5,000 - 10,000/mm ³ | |
| Differential WBC | | |
| Neutrophils | 48-77% (3,000 - 7,500/mm³) | |
| Bands | 3 - 8% (150 - 700/mm ³) | |
| Eosinophils | 1 - 4% (50 - 400/mm³) | |
| Basophils | 0 - 1% (25 - 100/mm ³) | |
| Monocytes | 1 - 9% (100 - 500/mm³) | |
| Lymphocytes | 25 - 40% (1,500 - 4,500/mm ³) | |
| T lymphocytes | 60 - 80% of lymphocytes | |
| B lymphocytes | 10 - 20% of lymphocytes | |
| Platelets | 150,000 - 450,000/mm³ | |

SERUM ELECTROLYTES

| ELECTROLYTE NORMAL ADULT RANGE | CONDITIONS WITH ABNORMAL FINDINGS | |
|--------------------------------------|---|---|
| | INCREASED | DECREASED |
| Calcium 4.5 to 5.5 mEq/L | resp. acidosis, ATN, bacteremia, chronic hepatic disease | GI malabsorption, alkalosis, burns, cachexia, celiac disease, chronic renal disease, diarrhea |
| Potassium 3.5 to 5.3 mEq/L | acidosis, adrenocortical insufficiency, anemia, anxiety, asthma, burns, dialysis, dysrhythmias, hypoventilation | GI suction, vomiting, diarrhea, intestinal fistulas, ATN, alcoholism, alkalosis, bradycardia, colon cancer, CP, chronic cirrhosis, CHF, Crohn's disease |
| Sodium 135 to 145 mEq/L | CHF, dehydration, diabetes insipidus, diaphoresis, diarrhea, hypertension, ostomies, toxemia, vomiting | GI malabsorption, diarrhea, ascites in cardiac failure, bowel obstruction, burns, CP, cirrhosis, DM, emphysema |
| Chloride 97-107 mEq/L | alcoholism, resp. alkalosis, anemia, CHF, dehydration, fever, head trauma | metab. acidosis, burns, CNS disorders, edema, emphysema, G.I. loss |

FOUR PRIMARY ASSESSMENT TECHNIQUES

- 1. INSPECTION:** The process of examining the surface of the body and its movements utilizing visual, auditory and olfactory senses for gathering information. Inspection should be purposeful and systematic comparing bilateral body parts, and continues throughout the entire examination.
- 2. PALPATION:** The technique of using touch to gather information about temperature, turgor, texture, moisture, vibrations, and shape. May use light palpation, which is the application of pressure by closed fingers and depressing the skin and underlying structures about 1/2 inch, or deep palpation, using inward pressure to about 1 inch. The client should be provided with privacy, the nurse should have warm hands with short fingernails, and the area of tenderness should be palpated last.
- 3. PERCUSSION:** The art of striking one object with another to create sound, so that one can assess the location, size and density of underlying tissues. The nondominant hand is placed on the area to be percussed with fingers slightly separated and the dominant hand is used as the striking force by exerting a sharp downward wrist movement so that the tip of the middle finger on the dominant hand strikes the joint of the middle finger on the nondominant hand.
The five percussion tones are: **tympany** - loud, drumlike sound **resonance** - moderate to loud, low-pitch, hollow sound **hyperresonance** - very loud, low-pitch, booming sound **flatness** - soft, high-pitch, flat sound **dullness** - soft to moderate, high-pitch, thud-like sound
- 4. AUSCULTATION:** The act of listening to sounds produced by the body using a stethoscope. The stethoscope has a diaphragm that detects high-pitched sounds best and a bell that detects low-pitched sounds best.
Four characteristics of sound should be noted: **Pitch Loudness Quality Duration**

COAGULATION STUDIES

| COAGULATION SCREENING TESTS | |
|--|--|
| Bleeding Time (Simplate) | 3-9 min. |
| Prothrombin time (PT) | Men: 9.6 to 11.8 sec Women: 9.5 to 11.3 sec |
| Partial thromboplastin time (PTT) | 25-38 sec |
| Whole-blood clotting time | 5 to 15 min |
| FIBRINOLYTIC STUDIES | |
| Euglobin lysis | No lysis in 2 h |
| Fibrinogen split products (FSP): | <10 mcg/ml of FSP |
| Thrombin time | 10 to 15 sec |

7 WARNING SIGNS OF CANCER

- C
A
U
T
I
O
N**
- Change in bowel or bladder habits.
 - A sore that doesn't heal.
 - Unusual bleeding or discharge.
 - Thickening or lump in breast or elsewhere.
 - Indigestion or difficulty in swallowing.
 - Obvious change in wart or mole.
 - Nagging cough or hoarseness.

BASIC HEAD TO TOE ASSESSMENT

| ASSESSMENT AREA | WHAT TO OBSERVE |
|---|--|
| General survey | General appearance and behavior, posture, gait, hygiene, speech, mental status, height and weight, hearing and visual acuity, VS, nutritional status |
| Head and neck | Skull size, shape, symmetry, hair and scalp, auscultate for carotid bruits, clench jaws, puff cheeks, palpate TMJ, use cotton wisp for facial sensations, test EOMs, cover/uncover test, corneal light reflex, Weber and Rinne test, use ophthalmoscope and otoscope, inspect and palpate teeth and gums, test rise of uvula, test gag reflex, test sense of smell and taste, inspect ROM neck, shrug shoulders, palpate all cervical lymph nodes, palpate trachea for symmetry, palpate thyroid gland |
| Upper extremities | Inspect skin, blanch fingernails, palpate peripheral pulses, rate muscle strength, assess ROM, test DTRs |
| Posterior thorax | Inspect spine for alignment, assess anteroposterior to lateral diameter, assess thoracic expansion, palpate tactile fremitus, auscultate breath sounds |
| Anterior thorax | Observe resp. pattern, palpate resp. excursion, auscultate breath sounds, auscultate heart sounds, inspect jugular veins, perform breast exam |
| Abdomen | Auscultate for bowel sounds, inspect, light and deep palpation, percuss for masses and tenderness, percuss the liver, palpate the kidneys, blunt percussion over CVAs (posterior thorax) for tenderness |
| Lower extremities | Inspect skin, palpate peripheral pulses, assess for Homan's sign, inspect and palpate joints for swelling, assess for pedal and ankle edema, assess ROM |
| General neurologic | Test stereognosis-object identification in hands, test graphesthesia-writing on body with closed pen, test two point discrimination, assess temperature perception, inspect gait and balance, assess recent and remote memory, test cerebellar function by finger to nose test for upper extrem, and running each heel down opposite shin for lower extrem, test the Babinski reflex |
| Follow with genitalia exam if appropriate | |

ODOR ASSESSMENT

| ODOR | SITE | POSSIBLE CAUSES |
|---------------------------|--------------------------------------|--|
| Ammonia | Urine | Urinary tract infection |
| Fecal odor | Vomitus Wound site Rectal area | Bowel obstruction Wound abscess Fecal incontinence |
| Sweet, fruity odor | Oral cavity | Diabetic acidosis |
| Stale urine odor | Skin | Uremic acidosis |
| Sweet, heavy odor | Wound drainage | Bacterial (pseudomonas) infection |
| Musty odor | Within a cast | Infection inside cast |
| Fetid sweet odor | Trach or mucous | Infection of bronchial tree (pseudomonas bacteria) |

NOTE TO STUDENT

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