

SKIN ASSESSMENT

A comprehensive skin assessment is an integral part of a complete physical examination. It can be used to evaluate your patient's overall health, including their nutritional status, and monitor for changes that could indicate an emerging problem.

A COMPREHENSIVE SKIN ASSESSMENT SHOULD INCLUDE THE FOLLOWING

1

SKIN TEMPERATURE

The temperature of the patient's skin can reveal information about their overall health. A low body temperature may indicate a nutritional deficiency or severe illness. A high body temperature may indicate an infection or inflammation.

Most clinicians use the back rather than the palm of their hand to assess the temperature of a patient's skin.

SKIN TEXTURE

The texture of the patient's skin can be used for assessing their nutritional status as well as for identifying any changes that could indicate an underlying problem. Healthy skin has a smooth, even texture with no rough spots or signs of flaking or scaling.

2

3

SKIN COLOR

A healthy patient will have normal color and tone, but if you notice any changes in the patient's skin color, it may indicate an underlying medical condition. For example, jaundice indicates liver disease, while pale skin could signify anemia or leukemia.

Use an additional light source such as a penlight to illuminate hard to see skin areas such as the heels or sacrum.

SKIN MOISTURE

Check for dryness on your patient's skin by gently pressing your fingers against their back or arm to see how easily they leave impressions behind as they move away from your touch; this test can be used to determine whether there are issues with hydration or even dehydration (which can occur if someone has been vomiting or having diarrhea).

4

Look for water droplets on the skin. Is the skin clammy?

5

SKIN TURGOR

This test involves gently pinching up an area of the patient's skin and then releasing it to see how quickly it springs back into place. If the skin stays up for more than 2 seconds, this can indicate dehydration.

CAPILLARY REFILL TIME

This test involves pressing on the patient's fingernail bed and then quickly releasing it to see how long it takes for the color in their nail bed to return. If this process takes longer than 2 seconds, this can indicate dehydration or poor circulation in general.

6

Skin Assessment Documentation

**Nathan D. Zasler, MD, Douglas I. Katz,
MD, Ross D. Zafonte, DO**



Skin Assessment Documentation:

Complete Guide to Documentation Lippincott Williams & Wilkins, 2008 Thoroughly updated for its Second Edition this comprehensive reference provides clear practical guidelines on documenting patient care in all nursing practice settings the leading clinical specialties and current documentation systems This edition features greatly expanded coverage of computerized charting and electronic medical records EMRs complete guidelines for documenting JCAHO safety goals and new information on charting pain management Hundreds of filled in sample forms show specific content and wording Icons highlight tips and timesavers critical case law and legal safeguards and advice for special situations Appendices include NANDA taxonomy JCAHO documentation standards and documenting outcomes and interventions for key nursing diagnoses

Clinical Guide to Skin and Wound Care Cathy Thomas Hess, 2012-06-01 Accelerate your skin and wound care with the Clinical Guide to Skin and Wound Care Seventh Edition This compact and sensibly organized guide is vital to providing optimal care Look forward to Updated advice on skin care products helps you make the right choices Current documentation regulations so that you can properly illustrate wound healing New chapters on lymphedema and best practices Profiles of more than 300 products in A to Z organization for easy identification Benchmark outcomes help you take your care to the next level and more You ll accurately assess plan and monitor wound care using the most current best nursing practices This useful resource will help both clinicians and institutions deliver wound care that s both appropriate for patient needs and cost effective for the institution Featuring important new information on documentation regulations including helpful checklists and offering take away highlights in every chapter this useful resource also provides new content on lymphedema management guidelines negative pressure wound therapy and capturing data using today s media capabilities Part 1 covers the fundamentals of skin and wound care including assessment treatment prevention nutrition and documentation From identifying patients at risk for wounds to achieving compliance for self care this is the companion you ll rely on day after day You ll gain a deeper understanding of chronic wounds accurately interpret lab values and adapt your care develop a proper skin and wound care formulary expertly manage tissue load and understand and apply the wound care regulatory process Part 2 offers profiles and photos of hundreds of skin and wound care products all categorized and alphabetized for easy reference You ll find a wealth of NEW advice on the skin care products you use most including cleansers moisture barriers antifungal and antimicrobial treatments therapeutic moisturizers liquid skin protectants and others The Seventh edition of Clinical Guide to Skin and Wound Care also includes a full color wound photo section wound checklists and much more

Documentation , 2007 This full color handbook is a quick reference guide to all aspects of documentation for every nursing care situation It covers current documentation systems and formats including computerized documentation and features scores of sample filled in forms and in text narrative notes illustrating everything from everyday occurrences to emergency situations Coverage includes timesaving strategies for admission to discharge documentation in acute outpatient

rehabilitation long term and home care environments and special documentation practices for selected clinical specialties critical care emergency perioperative maternal neonatal and psychiatric The book includes advice on legal safeguards dangerous abbreviations and compliance with HIPAA guidelines and JCAHO requirements *Skin and Wound Resource Manual* ,2006-04 Comprehensive Skin and Wound Care Resource Manual including wound and skin policies and procedures forms patient handouts and staff education material Designed for use in all health care settings Includes CD rom of policies and procedures for printing and customizing *Skin and Wound Resources Manual* , *Essential Clinical Skills in Nursing* Deborah Rowberry, Lee Gauntlett, Libor Hurt, 2023-03-11 Your complete solution for modern clinical skills education Accompanied by over 25 videos and written by an experienced team of nursing educators and practitioners this innovative textbook will support your clinical skills training across all years of your degree Taking a holistic and inclusive approach the book presents both the theory rationale and how to of each procedure as well as crucial interconnected skills such as communication clinical reasoning and person centred practice Written in clear straightforward language and mapped to the NMC Future Nurse Standards the book delivers a complete solution for mastering the essential clinical skills you need as a student and registered nurse How will the book support my learning Offers access to more than 25 videos alongside the text demonstrating clinical skills in practice from oxygen administration to venepuncture cannulation and more Structured around the 2018 NMC standards procedures annexe providing full curriculum coverage Draws on over 30 case study scenarios and voices from real pre registration nursing students that bring clinical skills to life Includes over 60 activities key term definitions and other features to hone your understanding through self testing reflection and critical thinking Relevant to students across all four fields of nursing **Skin and Wound Care** Cathy Thomas Hess, 2008 Completely updated for its Sixth Edition this handbook is the only all in one portable guide to skin and wound care with new chapters on skin care and incontinence important new information on regulations and more than 650 dressings drugs and other products for every type of wound Part I provides detailed guidelines on wound care and prevention and related professional and legal issues Part II features profiles and photographs of over 300 wound care products Part III contains charts of over 300 additional products Appendices include assessment tools and multiple treatment algorithms A manufacturer resource guide with Website listings is included **Wound Care** Carrie Sussman, Barbara M. Bates-Jensen, 2007 Designed for health care professionals in multiple disciplines and clinical settings this comprehensive evidence based wound care text provides basic and advanced information on wound healing and therapies and emphasizes clinical decision making The text integrates the latest scientific findings with principles of good wound care and provides a complete set of current evidence based practices This edition features a new chapter on wound pain management and a chapter showing how to use negative pressure therapy on many types of hard to heal wounds Technological advances covered include ultrasound for wound debridement laser treatments and a single patient use disposable device for delivering pulsed radio frequency **Lasers and Energy Devices for the**

Skin Mitchel P. Goldman, Richard E. Fitzpatrick, E. Victor Ross, Suzanne L. Kilmer, Robert A. Weiss, 2013-05-21 Rapid technical developments with lasers and other energy devices have continued over recent years both in the different types of devices available and in what can be used for cosmetic and other treatments including scar and tattoo removal hair removal cellulite and lipolysis In the second edition of *Lasers and Energy Devices for the Skin* the top practitioners in the field have pooled their expertise to offer a broad and balanced perspective Updated to encompass the latest refinements in the field this volume Explores the latest techniques in laser hair removal and scar removal Reviews advances in antiaging techniques for the skin of the face Covers the use of photodynamic therapy for skin tumors psoriasis localized scleroderma viral warts onychomycosis and more Reviews currently available and novel approaches for noninvasive and intended selective destruction of fat Highlights the risks of pigmentary alterations and scarring following procedures on Asian skin Covers advances in liposuction brought about by the advent of tumescent anesthesia The book also discusses pain management during laser surgery and laser treatments and includes coverage of the importance of complying with safety standards potential unsafe practices and potential medicolegal problems Providing the understanding needed to develop creative ways to use light based technologies the book gives readers easy access to practical treatment parameters [Acute and Chronic Wounds - E-Book](#) Ruth Bryant, Denise Nix, 2023-05-18 Acute Telehealth and Wound Management Quality Tracking Across the Continuum and Medications and Phytotherapy Impact on Wounds provide evidence based coverage of these important topics UPDATED Consolidated pressure injuries content puts everything you need to know into one chapter Expanded full color insert includes 50 new images for a total of 95 color plates with more than 160 images that visually reinforce key concepts New information presents the latest developments in biofilm assessment and management topical oxygen therapy skin manifestations related to COVID 19 and strategies to enhance engagement as well as updated product photos and more authors who are clinical experts and providers *The Skin* Ian Peate, 2025-01-28 PEATE S BODY SYSTEMS THE SKIN A CONCISE ILLUSTRATED AND ACCESSIBLE GUIDE TO THE SKIN Each of the twelve volumes in Peate s Body Systems series is rooted in the belief that a deep and thorough understanding of the human body is essential for providing the highest standard of care Offering clear accessible and up to date information on different body systems this series bridges the gap between complex scientific concepts and practical everyday applications in health and care settings This series makes for an invaluable resource for those committed to understanding the intricacies of human biology physiology and the various systems that sustain life The Skin is the perfect companion for students and newly registered practitioners across nursing and allied health fields with an interest in dermatological care providing a comprehensive yet easy to digest guide for both academic and clinical application Equips healthcare students and practitioners with the necessary information to provide safe and competent care Features colourful illustrations to aid comprehension clarify complicated concepts and render content more engaging and accessible Empowers readers to adapt to a rapidly evolving healthcare landscape preparing them

for the future of healthcare delivery Contains information necessary for effective patient care of those with psoriasis eczema burns and other skin diseases and conditions *Wound Care Essentials* Sharon Baranoski,Elizabeth Ayello,2015-07-29

Written by renowned wound care experts Sharon Baranoski and Elizabeth Ayello in collaboration with an interdisciplinary team of experts this handbook covers all aspects of wound assessment treatment and care **Foundations of Maternal-Newborn and Women's Health Nursing** Sharon Smith Murray, MSN, RN, C,Emily Slone McKinney, MSN, RN, C,2013-09-23

With easy to read coverage of nursing care for women and newborns Foundations of Maternal Newborn Women s Health Nursing 6th Edition shows how to provide safe competent care in the clinical setting Evidence based guidelines and step by step instructions for assessments and interventions help you quickly master key skills and techniques Also emphasized is the importance of understanding family communication culture client teaching and clinical decision making Written by specialists in maternity nursing Sharon Smith Murray and Emily Slone McKinney this text reflects the latest QSEN competencies and the accompanying Evolve website includes review questions to prepare you for the NCLEX exam Nursing Care Plans help you apply the nursing process to clinical situations Procedure boxes provide clear instructions for performing common maternity skills with rationales for each step UNIQUE Therapeutic Communications boxes present realistic nurse patient dialogues identifying communication techniques and showing to respond when encountering communication blocks Communication Cues offer tips for interpreting patients and families verbal and nonverbal communication Critical Thinking exercises focus on clinical situations designed to test your skills in prioritizing and critical thinking Updated drug guides list important indications adverse reactions and nursing considerations for the most commonly used medications Check Your Reading helps you assess your mastery of key content Critical to Remember boxes highlight and summarize need to know information Want to Know boxes provide guidelines for successful client education Glossary provides definitions of all key terms NEW Safety Alerts help you develop competencies related to QSEN and safe nursing practice NEW Unfolding case studies help you apply what you ve learned to practice UPDATED Evidence Based Practice boxes highlight the latest research and the most current QSEN Quality and Safety Education for Nurses practice guidelines for quality care UPDATED content includes the late preterm infant fetal heart rate pattern identification obesity in the pregnant woman and the QSEN competencies [Foundations of Maternal-Newborn and Women's Health Nursing - E-Book](#) Sharon Smith Murray,Emily Slone McKinney,2013-10-01

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evolve at a rapid pace Not only have new operations been developed and expanded such as the intra extracardiac conduit Fontan and the double root translocation for corrected transpos

deWit's Fundamental Concepts and Skills for Nursing -Second South Asia Edition, E-Book Ambika Ravindran, Sonali Banerjee, 2022-09-26 Fundamental Concepts and Skills for Nursing 6th Edition prepares students to learn the basic concepts and fundamental skills that LPNs LVNs need to practice in a number of care settings including hospitals long term care facilities medical offices clinics surgery centres and home care agencies This second South Asia Edition of DeWit s Fundamental Concepts and Skills for Nursing is a uniquely featured textbook designed to make a worthy impact on its readers The book is customised as per the revised B Sc Nursing curriculum prescribed by the Indian Nursing Council INC to meet the learning requirements of undergraduate students Nursing professionals aspiring for higher education or career progression will also find this book useful for reference The full colour text contains theoretical nursing concepts step by step skills and procedures and clinical applications to build a strong foundation in the patient care experience The underlying framework of all the chapters pivots around the nursing process and also portrays the concepts like psycho social aspects critical thinking communication skills inter professional collaborations patient family education and cultural integrity Discusses more than 80 essential skills and around 30 petite forms of skills with step by step format supported with coloured illustrations along with action rationale format Each chapter starts with key terms objectives and has supportive glossary Enhanced with stimulating highpoints such as Special Clinical Cues Cultural Considerations Lifespan Considerations Focused Assessment Health Promotion Legal Ethical Considerations Patient Education QSEN Considerations Safety Alert and Think Critically boxes Includes nursing process framework featuring the application of the nursing process and nursing care plans reinforcing its application in the clinical setting More than 20 Nursing Care Plans illustrating each step of the nursing process Includes Concept Maps that help students visualise concepts addressed in the text and learn how a condition or response relating to symptoms treatments and side effects can affect more than one body system

Brain Injury Medicine, 2nd Edition Nathan D. Zasler, MD, Douglas I. Katz, MD, Ross D. Zafonte, DO, 2012-08-27 This book is a clear and comprehensive guide to all aspects of the management of traumatic brain injury from early diagnosis and evaluation through the post acute period and rehabilitation An essential reference for physicians and other health care professionals who work with brain injured patients the book focuses on assessment and treatment of the wider variety of clinical problems these patients face and addresses many associated concerns such as epidemiology ethical issues legal issues and life care planning Written by over 190 acknowledged leaders the text covers the full spectrum of the practice of brain injury medicine including principles of neural recovery neuroimaging and neurodiagnostic testing prognosis and outcome acute care rehabilitation treatment of specific populations neurologic and other medical problems following injury cognitive and behavioral problems post traumatic pain disorders pharmacologic and alternative treatments and community reentry and productivity

Wound, Ostomy and Continence Nurses Society

Core Curriculum: Wound Management Laurie McNichol, Catherine Ratliff, Stephanie Yates, 2021-03-02 Written by expert clinicians Core Curriculum Wound Management 2nd Edition is one of the few nursing texts to offer the basic pathology physiology and current clinical skills required for high level wound care This is essential content for those seeking WOC certification including nursing students in wound care programs nurses involved in wound care nurses in gastroenterology urology and surgical nursing graduate nursing students and nursing faculty

Reviewing **Skin Assessment Documentation**: Unlocking the Spellbinding Force of Linguistics

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