

NSG121 HEALTH ASSESSMENT EXAM 1 STUDY GUIDE

Unit 3 – Assessment of the Skin, Hair, and Nails – 11 Questions

Topic	Location	Student Notes
Structure & Function of the Skin, Hair, and Nails Layers of the Skin <p>**The skin has two layers, the epidermis, and the dermis.</p> <p>**An underlying layer, the subcutaneous layer (or hypodermis), is sometimes included in descriptions as the third layer of the skin.</p> Functions of Skin and Mucous Membranes <ul style="list-style-type: none"> • Protection • Temperature regulation • Psychosocial • Sensation • Vitamin D production • Immunologic • Absorption • Elimination 	NSG121.05.01.01 Epidermis: Top layer or outermost portion <ul style="list-style-type: none"> • Composed of layers of stratified epithelial cells. • These cells fuse to form a protective, waterproof layer of keratin material. • Epithelial cells have no blood vessels of their own and depend on underlying tissues for nourishment and waste removal. Dermis: Second layer of skin <ul style="list-style-type: none"> • Consists of a framework of elastic connective tissue composed primarily of collagen. • Nerves, hair follicles, glands, immune cells, and blood vessels are located in this layer. • Each hair consists of the shaft, which projects through the dermis (beyond the surface of the skin), and the hair follicle, which lies in the dermis. 	Subcutaneous Tissue <ul style="list-style-type: none"> • Dermis rests on the subcutaneous tissue • The underlying layer that anchors the skin layers to the underlying tissues of the body. • The subcutaneous tissue consists of adipose tissue, made up of lobules of fat cells, and connective tissue. • This layer stores fat for energy, serves as a heat insulator for the body, and provides a cushioning effect for protection. • This fatty tissue layer contains blood and lymph vessels, nerves, and fat cells.
Integumentary a. Medical History and Risk Factors: Risk assessment identifies areas of concern and provides direction for patient education. Extensive UV radiation is the most important focus area for the integumentary system because exposure to it has been shown to cause skin cancers, particularly melanoma. b. Health promotion: The process of enabling people to increase control over, and to improve, their health. >What are the 3 types of health promotion? Primary: Secondary: Tertiary:	NSG121.05.02.01 (x2) Healthy People goals for integumentary health are as follows: <ul style="list-style-type: none"> • Reduce the rate of melanoma cancer deaths. • Increase the proportion of persons who use at least one of the following protective measures that may reduce the risk of skin cancer: avoid the sun between 10 am and 4 pm, wear sun-protective clothing when exposed to sunlight, use sunscreen, and avoid artificial sources of UV light 	Skin findings indicating severe dehydration, cyanosis, or impaired skin integrity (acute lacerations, burns, and tissue injury) require prompt evaluation and intervention with fluids, oxygen administration, skin repair, or a combination. Most skin findings are not emergent, but you must report them to other health care providers for further evaluation and management. Urgent Assessment Acute trauma and burns may require immediate attention, depending on severity. With large lacerations, you must control bleeding and then work with colleagues to manage the wound. Patients with burns can lose large amounts of fluid through their wounds, so rapid fluid replacement is a necessity. Both large wounds and burns are urgent and potentially life-threatening situations that require advanced and sometimes complex treatment plans and interventions.
Subjective Data Collection Signs/Symptoms 1) Pruritus (itching) 2) Rash (multiple lesions) 3) Single lesion or wounds 4) Older adults 5) Cultural considerations	NSG121.05.02.02 >During subjective data collection, you have the opportunity to integrate health teaching with history taking. For the integumentary system, a major focus of such teaching relates to prevention of skin cancers, including melanoma. >The ABCDEs of melanoma detection include Asymmetry, Border Irregularity, Color, Diameter of more than 6 mm, and Evolution of the lesion over time.	Common Integumentary Symptoms <ul style="list-style-type: none"> • Pruritus • Rash (multiple lesions) • Single lesion or wound The nurse focuses the client's subjective reports on pertinent and important skin issues. Common integumentary symptoms include pruritus, rash, lesions, or wounds. ** The Skin Cancer Foundation, Centers for Disease Control and Prevention, and Academy of Dermatology all recommend SPF of 30 or greater. Sunscreen should be broad-spectrum to provide protection against ultraviolet B (UVB) and ultraviolet A (UVA).
Objective Data Collection - Skin Alterations 11.Comprehensive Assessment Techniques: First, assess the overall skin appearance and inspect the face and exposed skin surfaces for color and pigmentation. 12.Primary lesions: Arise from previously normal skin and include macules, papules, nodules, tumors, polyps, wheals, blisters, cysts, pustules, vesicles, and abscesses. a. Secondary lesions: lesions follow primary lesions (e.g., scar tissue, crusts from dried burns) b. Older adults: Common skin assessment findings include decreased elasticity, thinness, excessive dryness, and lesions associated with aging, such as telangiectic keratosis, actinic keratosis, and lentigines. c. Cultural considerations: Natural products such as coconut oil or olive oil may be used on the skin and hair, but others use conditioning shampoos, creamy pomades, or sheen spray. Some people bathe in the morning, whereas others bathe at night.	NSG121.05.03.01 (x2) **Primary lesions may be further described as non-elevated, elevated-solid, or fluid-filled. Nodule: Solid, palpable, less than 1 cm diameter, often with some depth. Vesicle: Herpes simplex, chicken pox. Wheal: Raised, flesh-colored, or red edematous papules or plaques; vary in size and shape. Pustule: Acne, folliculitis. If a patient cannot help with the movement, additional help may be necessary to position the patient safely. Turn the bedbound patient to visualize all body	** Bedbound patients require frequent detailed inspection of dependent areas, especially bony prominences, to detect early evidence of skin breakdown. Additionally, it is important to evaluate skin folds for infection or irritation, especially under the breasts, in the groin, and in the abdominal pannus (skin fold most commonly found in obese patients or patients who have had extreme weight loss). Individual lesions may be generally categorized as primary or secondary. ** Seborrheic dermatoses appear during the 40s and 50s as lesions with variable color (black, tan, flesh-colored, pink, and blue), and a texture that is velvety to verrucous (wart-like). They are found over all parts of the body (except the palms and bottom of feet). They have a waxy "stick-on" characteristic. In addition, older adults are at increased risk for skin cancer, abnormal ecchymoses or purpura lesions, and trauma. ** More than half of all patients are likely to self-treat a skin lesion or dermatitis with what is culturally familiar to them before seeking assistance from a health care professional. Inquiring about cultural practices and home remedies provides insight into the patient's specific culture and assists in designing appropriately sensitive therapeutic interventions.

Study Guide For Health Unit Coordinator Exam

Doris Henley Fort



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Health Unit Coordinator Donna J. Kuhns, Patricia Noonan Rice, Linda L. Winslow, 2008 The role of the 21st century health unit coordinator is one that requires constant education and awareness of the changes in technology and health care Whether you are an experienced health unit coordinator or just entering the field this review and practice resource will help you prepare for the National Association of Health Unit Coordinators certification exam Exercises and activities such as tear out worksheets and crossword puzzles provide a variety of ways to review and reinforce content This resource is also a unique tool for job preparation

Health Unit Coordinating Myrna LaFleur-Brooks, 2004 Fully revised and up to date the fifth edition of this popular resource is the only book of its kind to offer complete coverage of health unit coordinating From greeting new patients and dealing with visitors to transcribing physicians orders maintaining statistical reports and preparing patient charts this outstanding book features in depth discussions of health unit coordination theory and concepts

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Health Unit Coordinators Myrna LaFleur-Brooks, Elaine Tight Gillingham, 1994-11 This guide is designed to prepare students for the National Health Unit Coordinator Examination Multiple choice questions cover theory and practice giving readers the opportunity to confirm their knowledge of admitting and discharging patients coordinating activities and more

Coordinator's Guide for the BSE-in-Hospitals Program, 1983 Subject Guide to Books in Print, 1996

Consumer Sourcebook Matthew Miskelly, 2007-06-20 P I Consumer Sourcebook I provides a comprehensive digest of accessible resources and advisory information for the American consumer This new edition identifies and describes some 23 000 programs and services available to the general public at little or no cost These services are provided by federal state county and local governments and their agencies as well as by organizations and associations P Consumer affairs and customer services departments for corporations are also listed as well as related publications multimedia products general tips and recommendations for consumers The master index is arranged alphabetically by name and by subject term

Advances in Health Telematics Education John Mantas, 1998 Get a head start The Student Workbook which contains all of the Assessments Activities and Worksheets from the Instructor s Resource Binder Use it for classroom discussions in class activities and group work *Consumer Sourcebook*, 2005 *Health and Physical Readiness*, 1987 **Review**

Manual for the Certified Healthcare Simulation Educator Exam Ruth A. Wittmann-Price, PhD, RN, CNE, CHSE, ANEF, Linda Wilson, PhD, RN, CPAN, CAPA, BC, CNE, CHSE, CHSE-A, ANEF, FAAN, 2014-10-28 The authors of this review manual have captured all of the elements of simulation from establishing the objectives of simulated learning experiences to constructing scenarios to debriefing students and the simulation team to assessing and evaluating the learning that has accrued They have also described the range of simulation options and the contexts for their most effective use Gloria F Donnelly PhD RN FAAN FCPP Dean and Professor College of Nursing and Health Professions Drexel University Health professionals embarking on a career teaching simulation are embracing a world of innovation in which both teacher and student can develop their healthcare skills more rapidly and promote better patient outcomes This is the first practice manual to assist healthcare simulation educators in the United States and internationally in preparing for certification in this rapidly emerging field The authors noted experts in simulation and education have carefully analyzed the CHSE blueprint to ascertain what material is most likely to be covered They present this information in a user friendly pithy outline format This review manual provides numerous features that help students to critically analyze test content including end of chapter review questions test taking strategies and a comprehensive practice test with answers and rationales It features current evidence based teaching practices and incorporates case studies to connect simulation situations to simulation education with healthcare students and includes information about advanced certification and recertification **KEY FEATURES** Comprises the first review book for the CHSE exam Follows the CHSE test blueprint Fosters optimal learning and retention through use of a pithy outline format Provides Teaching Tips feature for best simulation practice Includes Evidence Based

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Professional Careers Sourcebook Kathleen M. Savage,Charity Anne Dorgan,1990 Provides a comprehensive overview of the literature and professional organizations that aid career planning and related research for 111 careers requiring college degrees or specialized education **Medical and Health Information Directory** Amanda Quick,Gale Group,2002-12 Global Health Nursing Christina Harlan,2014-10-20 The narratives in this book offer rare and much needed insight into the lived experiences and contributions of the largest cadre of global health workers The nurses who have dedicated their careers and their lives to serving the world s poor Paul Farmer MD PhD Kolokotronis University Professor Harvard University Co Founder Partners in Health Global health nursing as a career or as a time limited experience in personal and professional growth is a rapidly growing specialty area This unique book presents firsthand accounts from nurses at all professional levels who share their life changing experiences and insights with nurses interested in the global health arena Written with compassion and humor their stories emphasize the practical challenging and rewarding aspects of global health nursing Contributors describe their motivation for working in global health along with the rewards and challenges The authors discuss the importance of approaching global nursing with humility respect and appreciation for what they will learn from their colleagues They describe how global health work has enhanced their ability to provide quality care to diverse populations which include recent immigrants living in the United States In addition to these vivid accounts the book discusses the parameters of global health nursing how to prepare for this nursing experience key resources global nursing research and nurses as global health consultants Woven throughout the book are descriptions of how these nurses have encouraged through teaching and mentoring the next generation of global health nurses The book also provides coverage of domestic global health initiatives Key Features Presents firsthand accounts of the practical challenging and rewarding aspects of global health nursingDescribes assumptions challenged and lessons learnedWritten for nurses at all stages of professional life Discusses varied opportunities in global health nursing which includes research and consultingCovers domestic global health initiativesAssists faculty to prepare themselves and their students for global health endeavors

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