

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 Samples

Lisa Dougherty, Sara Lister



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Health Assessment in Nursing Janet Weber, Jane Kelley, 2009-10-01 Now in its Fourth Edition Health Assessment in Nursing is a colorful user friendly introductory level health assessment text for RN level students Targeted to ADN and BSN programs this text presumes no prior knowledge of health assessment and is part of a suite that includes Lab Manual to Accompany Health Assessment in Nursing Nurses Handbook of Health Assessment and Weber Kelley s Interactive Nursing Assessment For this edition the COLDSPA mnemonic which guides students through investigation of symptoms has been revised to show specific applications to content in each chapter A sample application of COLDSPA is presented at the beginning of each chapter s Nursing History section and another accompanies each case study The Frail Elderly chapter has been streamlined with a stronger focus on the normal variations associated with assessment of elderly clients Includes DVD ROM *Pocket Companion for Physical Examination and Health Assessment* Carolyn Jarvis, PhD Apr 2015-03-30 Take this nursing handbook into the clinical setting Pocket Companion for Physical Examination Health Assessment 7th Edition makes it fast and easy to look up essential assessment skills and techniques You ll conduct more effective exams by referring to summaries of examination steps normal versus abnormal findings lifespan and multicultural considerations and over 250 full color photos and illustrations Written by well known educator and clinician Carolyn Jarvis this handbook is a perfect clinical tool whether you re a beginner who is learning assessment skills or a practitioner who needs a portable reference Convenient two column format makes it easier to access learn and understand key physical examination skills and findings More than 250 full color illustrations demonstrate examination skills underlying anatomy and physiology and normal and abnormal findings Color coded design helps you easily locate the information you need dividing each body system chapter into major sections anatomy subjective data objective data and abnormal findings Abnormal findings tables help you recognize sort and describe key abnormal findings Summary checklists offer reviews of key examination steps for quick reference Developmental Competence sections highlight content specific to infants children adolescents pregnant women and older adults Spanish language translation chart helps you improve communication with Hispanic patients during the physical examination Cultural Competence sections provide a context for care of multicultural patient groups NEW evidence based guidelines reflect a focus on conducting the most effective qualitative exams NEW content on the Electronic Health Record charting and narrative recording includes examples of how to document assessment findings NEW photos of normal and abnormal findings show the nose mouth throat thorax and pediatric assessment including developmental and cultural variations Wound Care Essentials ,2004 This comprehensive yet concise wound care handbook covers all aspects of wound care wound healing wound assessment and treatment options for all types of wounds More than 100 illustrations checklists tables recurring icons and flowcharts provide easy access to essential information and a 16 page full color insert illustrates the healing process and types of wounds Physical Examination and Health Assessment □ Carolyn

Jarvis, 2015-03-09 With an easy to read approach and unmatched learning resources Physical Examination Health Assessment 7th Edition offers a clear logical and holistic approach to physical exams across the lifespan A total of 1 200 illustrations checklists of key exam steps and practical insights ensure that you learn all the physical exam skills you need to know Written by Carolyn Jarvis an experienced educator and clinician this gold standard in physical examination reflects what is going on in nursing today with coverage of emerging trends and the latest on evidence based practice It s easy to see why this text is far and away 1 in this field A clear logical and streamlined approach simplifies content and helps you learn to perform the complete health assessment The conversational easy to understand writing style makes learning easier A two column format distinguishes normal findings from abnormal findings and uses step by step photos to clarify examination techniques and expected findings 1 200 full color illustrations present anatomy and physiology examination techniques and abnormal findings Abnormal findings tables include more than 300 pathophysiology photos to help in recognizing sorting and describing abnormalities Comprehensive coverage reflects the realities of today s nursing practice NEW content on the Electronic Health Record charting and narrative recording provides examples of how to document assessment findings 150 NEW normal and abnormal examination photos for the nose mouth throat thorax and pediatric assessment show findings that are unexpected or that require referral for follow up care with cultural diversity and developmental variations UPDATED evidence based practice content is highlighted and reflects a focus on conducting the most effective accurate examinations UPDATED case studies provide opportunities to apply your knowledge and develop your analytical skills Checklists for use in RN to BSN completion programs provide a refresher for seasoned nurses returning to the classroom A holistic approach to assessment accommodates the diverse types of patients that you will encounter in the real world Documentation and Critical Thinking sections provide real world clinical examples of specific patients and how to record assessment findings in the patient s chart using the SOAP format Promoting a Healthy Lifestyle boxes enable patient teaching and health promotion while performing the health assessment and now address the key concept of prevention Developmental Competence sections provide age specific assessment techniques for infants children adolescents pregnant women and older adults Culture and Genetics sections include biocultural and transcultural information on an increasingly diverse patient population Spanish language translations highlight important phrases for improved data gathering and communication during the physical examination with Spanish speaking patients

Fundamentals of the Physical Therapy Examination: Patient Interview and Tests & Measures Stacie J. Fruth, 2025-01-24 Fundamentals of the Physical Therapy Examination Patient Interview and Tests Measures Third Edition provides physical therapy students and clinicians with the fundamental step by step information needed to determine questions to ask and tests and measures to perform during a patient exam

Fundamentals of Tests and Measures for the Physical Therapist Assistant Stacie J. Fruth, Carol Fawcett, 2019-02-26 Fundamentals of Tests and Measures for the Physical Therapist Assistant provides students with the tools required to interpret the physical therapy

evaluation and replicate the measurements and tests This text guides students in learning how to utilize case information and documentation furnished by the PT to assist in the follow up treatment **DocuNotes** Cherie Rebar,2009-04-10 The perfect guide to charting The popular Davis s Notes format makes sure that you always have the information you need close at hand to ensure your documentation is not only complete and thorough but also meets the highest ethical and legal standards You ll even find coverage of the nuances that are relevant to various specialties including pediatric OB GYN psychiatric and outpatient nursing **Kozier & Erb's Fundamentals of Nursing Australian Edition** Audry Berman,Shirlee J. Snyder,Barbara Kozier,Glenora Lea Erb,Tracy Levett-Jones,Trudy Dwyer,Majella Hales,Nichole Harvey,Lorna Moxham,Tanya Park,Barbara Parker,Kerry Reid-Searl,David Stanley,2014-12-01 Kozier and Erb s Fundamentals of Nursing prepares students for practice in a range of diverse clinical settings and help them understand what it means to be a competent professional nurse in the twenty first century This third Australian edition has once again undergone a rigorous review and writing process Contemporary changes in the regulation of nursing are reflected in the chapters and the third edition continues to focus on the three core philosophies Person centred care critical thinking and clinical reasoning and cultural safety Students will develop the knowledge critical thinking and clinical reasoning skills to deliver care for their patients in ways that signify respect acceptance empathy connectedness cultural sensitivity and genuine concern **Fundamentals of the Physical Therapy Examination** Fruth,2017-03-09 Fundamentals of the Physical Therapy Examination Patient Interview and Tests Measures Second Edition provides physical therapy students and clinicians with the necessary tools to determine what questions to ask and what tests and measures to perform during a patient exam This text utilizes a fundamental step by step approach to the subjective and objective portions of the examination process for a broad spectrum of patients This edition has been updated and revised to reflect the new APTA Guide 3 0 and the Second Edition also includes new and extensive coverage of goniometry and manual muscle testing techniques with more than 300 new photographs *Nursing Interventions & Clinical Skills - E-Book* Anne G. Perry,Patricia A. Potter,Wendy R. Ostendorf,2015-01-08 Master nursing skills with this guide from the respected Perry Potter Ostendorf author team The concise coverage in Nursing Interventions Clinical Skills 6th Edition makes it easy to master the clinical skills required in everyday nursing practice Clear guidelines address 159 basic intermediate and advanced skills from measuring body temperature to insertion of a peripheral intravenous device and step by step instructions emphasize the use of evidence based concepts to improve patient safety and outcomes Its friendly easy to read writing style includes a streamlined format and an Evolve companion website with review questions and handy checklists for each skill Coverage of 159 skills and interventions addresses basic intermediate and advanced skills you ll use every day in practice UNIQUE Using Evidence in Nursing Practice chapter provides the information needed to use evidence based practice to solve clinical problems Safe Patient Care Alerts highlight unusual risks in performing skills so you can plan ahead at each step of nursing care Delegation Collaboration guidelines help you make

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Fundamentals of Nursing Carol R Taylor, Pamela Lynn, Jennifer Bartlett, 2022-08-04. Trusted for its holistic case-based approach, *Fundamentals of Nursing: The Art and Science of Person-Centered Nursing Care*, 10th Edition, helps you confidently prepare the next generation of nursing professionals for practice. This bestselling text presents nursing as an evolving art and science, blending essential competencies: cognitive, technical, interpersonal, and ethical/legal, and instilling the clinical reasoning, clinical judgment, and decision-making capabilities crucial to effective patient-centered care in any setting. The extensively updated 10th Edition is part of a fully integrated learning and teaching solution that combines traditional text, video, and interactive resources to tailor content to diverse learning styles and deliver a seamless learning experience to every student.

Project Planning and Management James Leonard Harris, 2011. *Project Planning and Management: A Guide for CNLs, DNs, and Nurse Executives* provides a step-by-step approach to developing, implementing, and evaluating a project plan. This book serves as a guide to refining the idea or question, reviewing relevant evidence to support a best practice intervention, and outlining process dynamics, outcomes management, and evaluation strategies. Features throughout the text include chapter objectives, key terms, summaries, evidence-based examples, boxed articles, case studies, review questions, as well as power point presentations and exam questions. This is the perfect resource for capstone courses and field studies, as well as an ideal reference for professionals.

Fundamentals of Nursing Carol Taylor, Pamela Lynn, Jennifer Bartlett, 2018-10-05. Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for

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Best Practices: Position and Guidance Documents of ASHP

American Society of Health-System Pharmacists,2024-01-23 The Most Comprehensive Set of Quality Guidelines Available to the Pharmacy Profession ASHP positions and more than 80 ASHP guidance documents of varying scope provide ongoing advice to practitioners and health systems to help improve the medication use process patient care and safety and patient outcomes and quality of life ASHP Statements ASHP Guidelines Technical Assistance Bulletins Therapeutic Position Statements Therapeutic Guidelines ASHP Endorsed Documents

Realizing the Future of Nursing: VA Nurses Tell

Their Story Department of Veteran Affairs Nurses,2015-09-29 The stories told in this book reflect the hard work and dedication of the Veterans Affairs nurses who provide care to our nation's heroes Four key messages outlined in the book help explain the important role of VA nurses Key Message 1 Nurses should practice to the full extent of their education and training Key Message 2 Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression Key Message 3 Nurses should be full partners with physicians and other health care professionals in redesigning health care in the United States Key Message 4 Effective workforce planning and policy making require better data collection and an improved information structure This book addresses the staffing issues in military healthcare with policy and workforce planning towards an improved information structure between the nurses healthcare professionals and physicians Keywords Department of Veterans Affairs nursing program Veteran Affairs VA nursing nurses Veterans Affairs nursing education program VA nursing education program U S Department of Veterans Affairs

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Berry & Kohn's Operating Room

Technique Nancymarie Phillips,2016-03-04 For over 50 years Berry Kohn s Operating Room Technique 13th Edition has been the text of choice for understanding basic surgical principles and techniques Highly readable accurate and comprehensive it clearly covers the nuts and bolts of surgical techniques in a step by step format that makes it easy to effectively apply basic principles to clinical practice Expert author Nancymarie Phillips emphasizes the importance of teamwork throughout with practical strategies and examples of how cooperation among perioperative caregivers contributes to positive patient care outcomes With a strong focus on the physiologic psychologic and spiritual considerations of perioperative patients this updated and expanded new edition gives students the knowledge they need to plan and implement comprehensive individualized care Detailed information on the fundamentals of perioperative nursing and surgical technology roles enhances your understanding of basic surgical principles and techniques Emphasis on teamwork among perioperative caregivers encourages cooperation in attaining positive patient care outcomes In depth discussions of patients with special needs related to age or health status help you learn how to develop a plan of care tailored to the unique care parameters of all patients Focus on the physiologic psychologic and spiritual considerations of perioperative patients gives you the knowledge you need to plan and implement comprehensive individualized care Content on perioperative patient care for both inpatient and ambulatory procedures highlights key considerations for each setting as well as for individual surgical procedures Chapter outlines with page numbers chapter objectives and key terms and definitions help you quickly find important information and focus your study time New illustrations reflect new and changing perioperative procedures and provide you with key safety information like how to maintain a sterile field gown and glove Enhanced TEACH manual and extensive Evolve resources maximize classroom learning All Evolve materials are highlighted within the text Step by step coverage of the foundations of surgical techniques enables you to effectively apply basic principles to practice Additional and updated tables and boxes call attention to the most important concepts from the text References highlight the evidence based practice approach used throughout the text Enhanced A strong safety focus includes increased coverage of malignant hyperthermia bullying and zero tolerance policies airway fire verbal orders medications patient identification pharmacology for bariatric patients calculating blood loss National Patient Safety Goals and more NEW Pros and Cons boxes provide the positive and negative aspects of specific perioperative practices allowing nurses to better understand their choices in patient care Improved Emphasis on quality gives you the most current information on magnet status performing an effective 5 minute assessment the nurse practitioner as first assistant accurately marking specimens patient positioning surgical conscience and working with outsiders inside the OR environment NEW Coverage of new equipment including sponge counting machines Lapra TY silver infused dressings neat suture books and more NEW Body Spectrum added to Evolve site to help you review anatomy and physiology

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Essential Clinical Procedures E-Book Richard W. Dehn, David P. Asprey, 2013-04-05. Written by foremost experts in the field, the 3rd Edition of Essential Clinical Procedures presents the latest common diagnostic and treatment-related procedures that you need to know as a physician assistant. Clear and concise, this medical reference book leads you step-by-step through over 70 techniques commonly seen in primary care and specialist settings, equipping you to deliver the best and safest care to your patients. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Visualize procedures and other important concepts clearly through over 300 high-quality illustrations. Ensure the safe execution of procedures with a focus on patient preparation and the proper use of instruments, as well as highlighted warnings to alert you to potential dangers that can occur when performing various treatments. Be fully prepared for any situation with guidance on the possible complications, rationales, and precautions behind many common procedures. Understand the ins and outs of nonprocedural issues including informed consent, standard precautions, patient education, and

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Perry & Potter's Canadian Clinical Nursing Skills and Techniques- E-Book Shelley Cobbett,2023-11-10 Perry Potter s Canadian Clinical Nursing Skills and Techniques 2nd Edition helps equip you with the skills you need to successfully care for patients within the Canadian social and institutional context Offering comprehensive coverage of more than 200 basic intermediate and advanced skills this textbook features nearly 1 000 full colour photographs and illustrations a nursing process framework step by step instructions with rationales and a focus on critical thinking and evidence informed practice New to this edition are unit openers safety alerts documentation examples COVID 19 precautions and protocols and case studies and questions for the Next Generation NCLEX

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