

PHYSICAL ASSESSMENT: SKIN

Take a thorough history

Obtain a history of the patient's skin condition from the patient, caregiver, or previous medical records. Go over the detailed family history with the patient or patient's family, and make sure all skin conditions are reviewed.

Also obtain a history of the patient's bathing routine and skin care products. Document the soaps, shampoos, conditioners, lotions, oils, and other topical products that the patient uses routinely. Ask the patient:

- about skin changes such as xerosis (skin dryness), pruritus, wounds, rashes, or changes in skin pigmentation or color
- if skin appearance changes with the seasons
- about any changes in nail thickness, splitting, discoloration, breaking, and separation from the nail bed. A change in the patient's nails may be a sign of a systemic condition.
- about allergies, including those to medications, topical skin and wound products, and food.

Document your findings in the medical record.

Perform a physical assessment

This includes assessment of skin color, moisture, temperature, texture, mobility and turgor, and skin lesions. Inspect and palpate the fingernails and toenails, noting their color and shape and whether any lesions are present.

Skin lesions can be categorized as primary or secondary, although the distinction isn't always clear. Make sure you use the correct term to describe any lesions you find.

The following are **primary lesions**:



nodule



cyst



bullae



macule



plaque



wheal



vesicle



pustule

- **macule**, a flat, nonpalpable circumscribed area (up to 1 cm) of color change that's brown, red, white, or tan
- **patch**, a flat, nonpalpable lesion with changes in skin color, 1 cm or larger
- **papule**, an elevated, palpable, firm, circumscribed lesion up to 1 cm
- **plaque**, an elevated, flat-topped, firm, rough, superficial lesion 1 cm or larger, often formed by coalescence of papules
- **nodule**, an elevated, firm, circumscribed, palpable area larger than 0.5 cm; it's typically deeper and firmer than a papule
- **cyst**, a nodule filled with an expressible liquid or semisolid material
- **vesicle**, a palpable, elevated, circumscribed, superficial, fluid-filled blister up to 1 cm
- **bulla**, a vesicle 1 cm or larger, filled with serous fluid
- **pustule**, which is elevated and superficial, similar to a vesicle, but is filled with pus
- **wheal**, a relatively transient, elevated, irregularly shaped area of localized skin edema. Most wheals are red, pale pink, or white.

Secondary lesions can be caused by disease progression, overtreatment, excessive scratching, or infection of a primary lesion:

- **scale**, a thin flake of dead exfoliated epidermis
- **crust**, the dried residue of skin exudates such as serum, pus, or blood
- **lichenification**, visible and palpable thickening of the epidermis and roughening of the skin with increased visibility of the normal skin furrows (often from chronic rubbing)
- **excoriation**, linear or punctuate loss of epidermis, usually due to scratching.



ulcer



fissure



scale



lichenification



erosion



atrophy

Skin Assessment Documentation Example

**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**

Skin Assessment Documentation Example:

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 **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 COLDDSPA mnemonic which guides students through investigation of symptoms has been revised to show specific applications to content in each chapter A sample application of COLDDSPA 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 Nursing Basic for Clinical Practice Mr. Rohit Manglik, 2024-07-30 Designed for students and novice nurses this text presents essential knowledge and practical skills needed for everyday clinical nursing responsibilities and patient interactions

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 quality authenticity or access to any online entitlements included with the product Proven approachable and part of a complete course solution Fundamentals of Nursing 9th Edition makes essential concepts accessible and help students develop the knowledge and clinical skills to succeed throughout their nursing education This comprehensively enhanced edition equips students for today s clinical environment with coverage of emerging practices and technology new multimedia learning tools and case studies that reflect the clinical application of chapter concepts and prepare students to excel throughout their nursing careers Features New Reflective Practice Leading to Personal Learning callouts cultivate a person centered approach to nursing care New Clinical vignettes personalize the clinical application of concepts and integrate with vSim for Nursing for patient specific reinforcement of commonly encountered scenarios and conditions New Technology Alerts familiarize students with emerging devices and software they ll likely encounter in the clinical setting New Informatics chapter reflects the increasingly important role of data and information technology in patient care New QSEN boxes in every chapter help students ensure compliance with Quality and Safety Education for Nurses competencies NEW Legal Alerts help students ensure compliance with important laws and

considerations related to clinical practice New Watch Learn Videos clarify key concepts and procedures in engaging detail Revised Illustrated Concept Maps engage visual learners simplify complex topics and strengthen students clinical reasoning skills Case scenarios in each chapter encourage holistic patient care and reflection on critical thinking questions

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 **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 **The Great Ormond Street Hospital Manual of Children and Young People's**

Nursing Practices Elizabeth Anne Bruce,Janet Williss,Faith Gibson,2023-03-20 Clinical skills are essential in the provision of care for children and young people The Great Ormond Street Hospital Manual of Children and Young People s Nursing Practices provides expert guidance on evidence based clinical procedures helping students and newly registered nurses develop sound clinical judgement and confidence This comprehensive resource covers all aspects of children s nursing from the fundamentals of everyday practice to advanced care in high dependency and intensive care settings As such its relevance and usefulness reach beyond those newly registered it remains a valuable resource for experienced nurses wishing to further expand their nursing skills Now in its second edition this thoroughly updated guide demonstrates each procedure explains the underlying theory and evidence and speaks to the unique challenges of working with children and young people New chapters address mental health complementary therapies learning difficulties and the deteriorating child whilst expanded content examines blood glucose monitoring glucocorticoid treatment insulin administration diabetes care surgical diathermy non invasive ventilation and much more Key Features Provides evidence based guidelines for more than 300 clinical procedures Features an abundance of colour photographs and illustrations Examines the needs of neonates and adolescents in the context of interdisciplinary care Includes new material on health research and evidence based practice stages of development children with complex needs and admission transfer and discharge Complements The Royal Marsden Manual of Clinical Nursing Procedures offering continuity to those working in both adult and paediatric settings The second edition of The Great Ormond Street Hospital Manual is an indispensable resource for registered nurses students and other healthcare

professionals involved in delivering clinically effective evidenced based family centred care Praise for the previous edition This manual builds on the knowledge skills and expertise of one of the UK s finest children s hospital and explains comprehensive evidence based care clearly Nursing Children and Young People Journal All children s nurses should have this book as a reference Nursing Standard a comprehensive resource for all qualified nurses students and other healthcare professionals involved in caring for children in hospital and community settings Times Higher Education Supplement

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

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

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 **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 *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 **Health T Level: Supporting the Adult Nursing Team** Alison Burton,2024-08-30 Begin your path to a career in Adult Nursing with the only textbook available for the Health T Level occupational specialism created in partnership with NCFE Covering all the units for the Adult Nursing specialism this accessible and engaging textbook will equip you with a confident understanding of the knowledge and skills you need to be successful in this qualification Track and strengthen your knowledge using learning outcomes at the beginning of every unit and Test Yourself questions throughout Improve your understanding of important terminology and key terms plus contextualise your learning with case studies and reflection tasks Prepare for your placement with tips on best practice and health and safety in the workplace alongside what if scenarios to place your learning into real life contexts Support the final assignments with practical activities and use our assessment practice to develop your understanding and build confidence Trust in our author s experience with over 20 years of teaching and industry expertise

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 *Fundamental Concepts and Skills for Nursing* Susan C. deWit,Patricia A. Williams, RN, MSN, CCRN,2013-01-18 Part of the popular LPN Threads series this

market leading text features an easy to follow writing style and organization to teach you the concepts and skills you need to know to practice nursing in a variety of care settings This new edition offers in depth discussion of QSEN competencies rationales for the NCLEX PN review questions and new icons to point out the most current evidence based information Standard LPN Threads features include helpful characteristics such as full color design key terms numbered objectives key points critical thinking questions critical thinking activities glossary and references Easy to follow reading level and text organization presents information from simple to most complex Think Critically boxes help you synthesize information and apply concepts beyond the scope of the chapter Cultural Considerations related to biocultural variations as well as health promotion for specific ethnic groups demonstrate how to provide culturally competent care Elder Care Points highlight changes that occur with aging and how they affect nursing care Home Care boxes highlight the necessary adaptations of nursing skills and techniques for the patient in the home care setting NEW Rationales for NCLEX review questions at the end of each chapter help you understand why your choices were correct or incorrect NEW Full text reviews by experts in the field offer consistency and ease understanding as you progress through the book NEW Evolve margin icons denote supplemental material for students on Evolve NEW Evidence Based Practice margin icons point out the most current and evidence based information NEW In depth discussion of the Quality and Safety Education for Nurses QSEN within the text provides the knowledge skills and attitudes necessary to continuously improve the quality and safety of the healthcare systems

Fundamental Concepts and Skills for Nursing - E-Book Susan C. deWit, Patricia A. Williams, 2013-01-24 NEW Rationales for NCLEX review questions at the end of each chapter help you understand why your choices were correct or incorrect NEW Full text reviews by experts in the field offer consistency and ease understanding as you progress through the book NEW Evolve margin icons denote supplemental material for students on Evolve NEW Evidence Based Practice margin icons point out the most current and evidence based information NEW In depth discussion of the Quality and Safety Education for Nurses QSEN within the text provides the knowledge skills and attitudes necessary to continuously improve the quality and safety of the healthcare systems **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 *Mosby's Expert Physical Exam Handbook* Mosby, 2008-12-22 With the most up to date information on assessment techniques normal and abnormal findings and the assessment of patients with specific diseases and disorders Mosby's Expert Physical Exam Handbook Rapid

Inpatient and Outpatient Assessments 3rd Edition is an essential resource for the medical surgical setting Detailed instructions and tips help you effectively apply your physical examination skills From basic examination techniques to step by step guides for examining each body region and system this handbook has everything you need to perform quick and thorough physical examinations UNIQUE Action Stats identify immediate actions for critical situations and explain what to do for a patient with a potentially life threatening condition UNIQUE Disorder Close Ups enable you to identify abnormalities and determine when further analysis or treatment is needed Normal Findings summarize characteristic findings and acceptable variations based on age sex and condition of the patient UNIQUE Interpreting Abnormal Findings helps you analyze irregular findings and determine their causes A chapter on documentation highlights key information to record during the initial assessment with guidelines for documenting findings for over 20 selected conditions Examination Tips save you time with practical advice on how to examine patients more efficiently Lifespan Considerations provide guidelines for assessing patients of all ages to help you individualize exams Cultural Considerations include valuable information on variations in findings and transcultural considerations for the increasingly multicultural population Anatomy Reviews with detailed anatomical illustrations refresh your knowledge of anatomy for more accurate physical examinations A chapter covering health history equipment examination techniques and procedures provides a solid foundation for learning to conduct more effective exams UNIQUE The easy to follow step by step format covers all aspects of physical examination inspection palpation percussion and auscultation promoting an efficient and logical approach to physical exams Interview questions and guidelines help you hone your interviewing skills to focus your physical assessments How to tips on individualizing the physical exam for patients with handicaps pain and serious illnesses enable you to effectively and accurately assess patients with special situations UNIQUE Expert Exam Checklists available in the book and on the companion Evolve website provide handy reminders for assessing each body region Thoroughly updated content reflects the latest research findings and evidence based practice for techniques normal and abnormal findings and more More illustrations and photographs than ever before clearly show normal anatomy as well as normal and abnormal assessment findings Dual function table of contents with body systems cross referencing in addition to a body regions organization helps you quickly find the information you need Spanish English assessment terms enable you to accurately communicate with Spanish speaking patients

Drain's PeriAnesthesia Nursing - E-Book Jan Odom-Forren, 2022-12-27 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Perioperative Trusted for more than 30 years Drain's PeriAnesthesia Nursing A Critical Care Approach 8th Edition provides comprehensive clinical content tailored specifically for perianesthesia nurses An easy to use format with five distinct sections covering the PACU anatomy and physiology pharmacology nursing care and special considerations means you get the equivalent of five books in one Nursing and pharmacologic interventions are integrated with in depth coverage of pathophysiology and updated content includes the latest standards and current

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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

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