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*NCM 1234: HEALTH ASSESSMENT (RLE)*

**PHYSICAL EXAMINATION (TECHNIQUES)**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Section: \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Patient: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_­­\_\_\_ Gender: \_\_\_\_\_\_\_\_\_\_\_

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| **INSPECTION** | |
| Inspect the skin on the forearm of your lab partner. What is the overall color? Do you see any variations in color or texture/ Note the hair on the arm- amount, color, patterns. Do you see a lesions (scar, mole, etc.) on the forearm? If so, where is it located, what size is it? | Color: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Hair Color/distribution: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Lesions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **PALPATION** |  |
| With your lab partner, practice light palpation with your fingertips and deep palpation with your hands. In the column to the right, indicate the type of palpation appropriate for the example given. | Palpate the radial pulse: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Palpate the texture of the skin: \_\_\_\_\_\_\_\_\_\_\_\_\_\_  Palpate the abdomen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Palpate tenderness over a muscle: \_\_\_\_\_\_\_\_\_\_\_ |
| Touch the skin of your lab partner. Note the temperature, moisture, and skin texture. Document your palpation findings at the right. | Skin palpation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Temperature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Moisture: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Texture: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **PERCUSSION** |  |
| Practice indirect finger percussion using the surface of the following three objects: an empty cardboard box, a table surface, and a liquid-filled plastic container.   * Can you hear percussion tones? * Ca you hear differences in the tones of the various objects? | Note the sound/tones:  Empty cardboard box: \_\_\_\_\_\_\_\_\_\_\_\_  Table surface: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Liquid-filled plastic container: \_\_\_\_\_\_\_\_\_\_\_ |
| Practice indirect finger percussion with your lab partner. Percuss abdomen over the stomach; abdomen over liver; chest over lung field; and chest over the sternum.   * Can you hear percussion tones? * Can you hear differences in tones as you percuss the different areas? | Note the sound/tones:  Abdomen-stomach: \_\_\_\_\_\_\_\_\_\_\_\_\_  Abdomen-Liver: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Chest-Lung: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Chest-Sternum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **AUSCULTATION** |  |
| With your lab partner, listen through your stethoscope and attempt to hear sounds at the following locations:  Abdomen, carotid artery, lungs, heart, brachial artery. Indicate “Y’ or “N” whether you can hear sounds. | Abdomen: \_\_\_\_\_\_\_  Carotid Artery: \_\_\_\_\_  Lungs: \_\_\_\_\_\_\_\_\_  Heart: \_\_\_\_\_\_\_\_\_\_  Brachial Artery: \_\_\_\_\_\_\_\_\_\_ |