

Advanced Health Assessment

Exam 2

8, 9, 10, 13

Chapter 8

Submission Details

- Submission Date: 10/11/2017
- Submission Time: 7:36 PM
- Points Awarded: 15
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1. Questions

1. 1.ID: 986687830

Select the correct statement regarding skin turgor.

- A. ☒ It reflects the elasticity of the skin. **Correct**
- B. ☐ It is measured by using skin calipers.
- C. ☐ It is used to assess hydration status in elderly patients.
- D. ☐ It is assessed in the dorsum of the hand in elderly patients.

Skin turgor reflects the elastic quality of the skin. The skin is pinched up and then released. Calipers are used to measure skinfold thickness in the triceps to estimate body fat stores. Elderly persons naturally have decreased skin turgor because of loss of subcutaneous fat. Skin turgor does not reflect hydration status in elderly patients.

Awarded 1.0 points out of 1.0 possible points.

2. 2.ID: 986687859

Upon inspecting the hands, the nurse observes that the patient has a black discoloration of one fingernail. The patient states the nail is painful. What is this finding?

- A. ☐ Ganglion cyst
- B. ☒ Subungual hematoma **Correct**
- C. ☐ Fungal infection of the nail.

- D. ☐ *Pseudomonas aeruginosa* infection of the nail

Subungual hematoma blackens the nail because of a collection of blood under the fingernail. A ganglion cyst is a nodule that overlies tendon sheaths often in the wrist area. Fungal infections cause the nail to crumble. A bacterial infection caused by *P. aeruginosa* causes the nail to appear black green but is not painful.

Awarded 1.0 points out of 1.0 possible points.

3. 3.ID: 986687823

A patient is being treated for Lyme disease based on what assessment finding?

- A. ☐ Skin inflamed from a mosquito bite
- B. ☐ Rash with vesicles that follows a dermatome
- C. ☐ Skin lesions that are circular with clear centers
- D. ☒ Red macular rash with appearance of a bull's eye **Correct**

Lyme disease is caused by a spirochete carried by deer ticks. The bite causes a red rash that appears as a bull's eye (erythema migrans). Treatment in the early stage prevents disseminated disease and serious complications. Mosquitoes are not a vector for Lyme disease. Shingles, which is caused by herpes zoster, causes vesicles (fluid filled) that follow dermatomes (nerve routes). Ringworm (tinea corporis) is a fungal infection causing circular lesions.

Awarded 1.0 points out of 1.0 possible points.

4. 4.ID: 986687808

Hormonal changes that occur with puberty cause adolescents to be at risk for which condition?

- A. ☒ Acne **Correct**
- B. ☐ Striae
- C. ☐ Psoriasis
- D. ☐ Telangiectasis

Increased levels of androgens that occur with puberty cause an increase in sebum, predisposing adolescents to acne. Striae are stretch marks occurring with weight gain. Psoriasis is an autoimmune disease with patchy, flaky skin lesions. Telangiectasis are lesions caused by dilated capillaries that occur normally and with liver disease.

Awarded 1.0 points out of 1.0 possible points.

5. 5.ID: 986687813

What changes are expected in the skin as a person ages?

- A. ☐ Increased sweat production
- B. ☐ Increased production of sebum

- C. ☒ Increased incidence of bruising **Correct**
- D. ☐ Increase in deposits of subcutaneous fat

With aging, the blood vessels in the skin become more fragile and more likely to bruise. Elderly people have less ability to sweat and dry skin because of less sebum. The normal layer of subcutaneous fat decreases with age.

Awarded 1.0 points out of 1.0 possible points.

6. 6.ID: 986687846

Which lesion is suspicious for basal cell cancer?

- A. ☐ Cherry angioma
- B. ☐ Freckles after sun exposure
- C. ☒ Crusty sore that does not heal **Correct**
- D. ☐ A nevus that is irregular in shape

Basal cell cancer occurs in skin exposed to the sun. It is a shiny lesion that crusts over but does not heal. Cherry angioma and freckles are skin lesions that are not significant. A nevus (mole) that is irregular is suggestive of melanoma.

Awarded 1.0 points out of 1.0 possible points.

7. 7.ID: 986687838

Which description is correct about intertriginous surfaces of skin?

- A. ☐ Areas prone to friction
- B. ☐ Areas that are exposed to sun
- C. ☒ Areas where skin surfaces meet **Correct**
- D. ☐ Areas that are covered with hair

Intertriginous surfaces are areas where skin surfaces meet, such as the groin and under pendulous breasts. The face is exposed to the sun. Soles of feet are prone to friction. The head is covered with hair in areas that are not bald.

Awarded 1.0 points out of 1.0 possible points.

8. 8.ID: 986687834

Which skin lesion in the elderly patient requires further observation?

- A. ☐ Skin tags
- B. ☐ Solar lentigines
- C. ☒ Actinic keratosis **Correct**

- D.  Seborrheic keratosis

Actinic keratosis, a red, scaly plaque occurring in sun-exposed areas, is precancerous. Skin tags, solar lentigines (age spots), and seborrheic keratosis (large, raised, pigmented lesions) do not become malignant.

Awarded 1.0 points out of 1.0 possible points.

9. 9.ID: 986715171

What are the risk factors for melanoma? *(Select all that apply.)*

- A. ☒ Inability to tan **Correct**
- B. ☒ Familial history **Correct**
- C. ☐ Diet rich in vitamin A
- D. ☒ Fair skin and light eye color **Correct**
- E. ☐ Exposure to tangential lighting

Risk factors for melanoma include an inability to tan, family history (genetic predisposition), and lower amounts of melanin. Vitamin A promotes healthy skin. Tangential lighting is light from the side used in examining patients.

Awarded 3.0 points out of 3.0 possible points.

10. 10.ID: 986715179

Which finding while assessing the skin in children is suggestive of physical abuse? *(Select all that apply.)*

- A. ☒ Human bite marks **Correct**
- B. ☒ Injuries covered by clothing **Correct**
- C. ☐ Bruising over bony prominences
- D. ☒ Bruising with fingertip grab marks **Correct**
- E. ☐ Burns consistent with spill with splash marks
- F. ☒ Burns consistent with immersion of buttocks **Correct**

Injuries of children that suggest abuse include human bite marks, injuries in areas normally covered by clothing, bruises with fingertip marks, and burns consistent with immersion such as on the buttocks. Bruises that occur with accident falls are more commonly found over bony prominences. Accidental burns are likely to have a pattern consistent with a spill including splash marks.

Awarded 4.0 points out of 4.0 possible points.

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1. Questions

1. 1.ID: 986696944

Which lymph nodes, if enlarged, always warrant further evaluation?

- A. ☐ Submental
- B. ☐ Submandibular
- C. ☒ Supraclavicular **Correct**
- D. ☐ Posterior-auricular

The supraclavicular lymph nodes enlarge with thoracic and abdominal malignancies and always need to be investigated. The submental, submandibular, and posterior-auricular lymph nodes enlarge with conditions such as colds and ear infections.

Awarded 1.0 points out of 1.0 possible points.

2. 2.ID: 986696928

Mumps is distinguished from cervical lymphadenopathy from another condition by which characteristic?

- A. ☐ Low-grade fever
- B. ☐ Streaks of redness
- C. ☒ Obscured jaw angle **Correct**
- D. ☐ Painless enlargement

Mumps, epidemic parotitis, causes swelling that deforms the angle of the jaw. Mumps involves pain in the parotid gland and fever. Streaks of redness do not occur with mumps.

Awarded 1.0 points out of 1.0 possible points.

3. 3.ID: 986696930

Which lymph nodes are not accessible during a physical examination?

- A. ☒ Mediastinal **Correct**
- B. ☐ Deep cervical
- C. ☐ Supraclavicular
- D. ☐ Postauricular

The mediastinal lymph nodes located in the area between the lungs in the chest are not palpable. The supraclavicular, deep cervical, and postauricular lymph nodes are assessed during palpation of the regions above the clavicle, anterior and posterior to the sternocleidomastoid muscle, and the area posterior to the ear.

Awarded 1.0 points out of 1.0 possible points.

4. 4.ID: 986696938

Which specific characteristic is correct about the severe swelling of lymphedema?

- A. ☐ Is pitting in nature
- B. ☒ Has a gradual onset **Correct**
- C. ☐ Responds well to diuretic therapy
- D. ☐ Improves with elevation of extremity

In lymphedema, lymph fluid collects in tissues because of an obstruction in the lymph circulation. It has a gradual onset. Swelling that occurs from edema more likely responds to diuretic therapy and elevation of the extremity. Both edema and lymphedema may be pitting or nonpitting.

Awarded 1.0 points out of 1.0 possible points.

5. 5.ID: 986696926

Which characteristic is true about lymph nodes described as shotty?

- A. ☐ Nodes are tender and painful.
- B. ☒ Nodes feel like BBs or buckshot. **Correct**
- C. ☐ Nodes are fixed to the surrounding tissue.
- D. ☐ Nodes have a diameter greater than 1 cm.

Shotty nodes are palpable lymph nodes that often feel like buckshot under the skin. The enlargement is in response to viral infections. They are not tender or painful as with an infected node, fixed as with a malignancy, or significantly enlarged.

Awarded 1.0 points out of 1.0 possible points.

6. 6.ID: 986696936

What area should the nurse palpate to assess the epitrochlear lymph nodes?

- A. ☐ Posterior area behind the knee
- B. ☐ Area over the inguinal canal in the groin
- C. ☐ Area superior to the clavicle
- D. ☒ The groove between the triceps and biceps near the elbow **Correct**

The epitrochlear lymph nodes are located in the groove formed between the triceps and biceps of the upper arm above the medial epicondyle near the elbow. Popliteal lymph nodes are located posterior to the knee. The inguinal lymph nodes are palpated in the groin area. The supraclavicular nodes are superior to the clavicle.

Awarded 1.0 points out of 1.0 possible points.

7. 7.ID: 986696940

Besides lymphadenopathy, which assessment finding is commonly found in a patient with non-Hodgkin lymphoma?

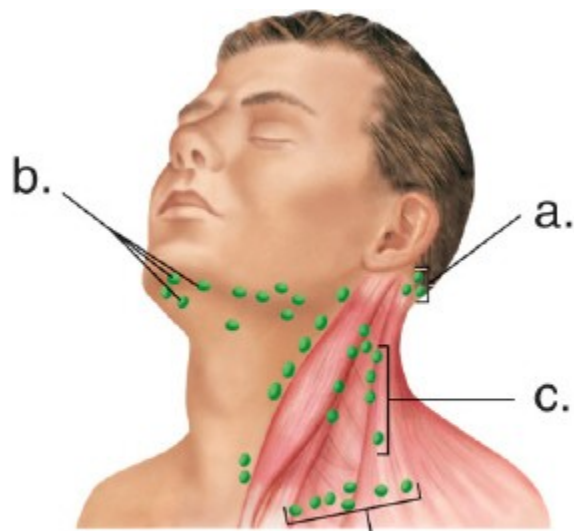
- A. ☒ Fever **Correct**
- B. ☐ Hemoptysis
- C. ☐ Cyanotic lips
- D. ☐ Hypertension

Non-Hodgkin lymphoma is a malignant neoplasm that occurs in the lymphatic system, including reticuloendothelial tissues (liver and spleen). Symptoms frequently include enlargement of the lymph nodes and fever causing night sweats. Hemoptysis (bloody sputum), cyanotic lips caused by hypoxia, and hypertension are not associated with this malignancy.

Awarded 1.0 points out of 1.0 possible points.

8. 8.ID: 986696932

A nurse is assessing the accessible lymph nodes as part of an assessment. Which is the location of the supraclavicular lymph nodes?



- d.
- | | | |
|----|----------------------------------|------------------|
| A. | <input type="radio"/> | A |
| B. | <input type="radio"/> | B |
| C. | <input type="radio"/> | C |
| D. | <input checked="" type="radio"/> | D Correct |

The supraclavicular nodes are superior to the clavicle and are accessible by having the patient hunch the shoulders and elbows forward.

Awarded 1.0 points out of 1.0 possible points.

9. 9.ID: 986715458

Which region of lymph nodes might enlarge in a patient with frequent ear infections? (*Select all that apply.*)

- | | | |
|----|-------------------------------------|--------------------------------|
| A. | <input type="checkbox"/> | Inguinal |
| B. | <input type="checkbox"/> | Epitrochlear |
| C. | <input checked="" type="checkbox"/> | Preauricular Correct |
| D. | <input type="checkbox"/> | Lateral axillary |
| E. | <input checked="" type="checkbox"/> | Retropharyngeal Correct |

The ear is drained by lymph nodes in the area directly distal to the ear: periauricular and retropharyngeal. Inguinal nodes are in the groin. Epitrochlear nodes drain the arm, hand, neck, and head. Lateral axillary nodes drain the neck, breast, and upper chest.

Awarded 2.0 points out of 2.0 possible points.

10.

10.ID: 986715469

Select the quality of enlarged lymph nodes that are more likely to occur with a malignant condition? *(Select all that apply.)*

- A. ☒ Hard **Correct**
- B. ☐ Painful
- C. ☐ Pulsatile
- D. ☒ Immovable **Correct**
- E. ☒ Grows rapidly **Correct**
- F. ☐ Associated with redness

Enlarged lymph nodes associated with malignant conditions are more likely to be hard, painless, and fixed (immovable) and tend to grow at a rapid pace. Enlarged lymph nodes associated with inflammatory or infectious conditions are more likely to be moveable, soft, and tender and may have associated redness. Lymph nodes do not pulsate, so a pulsating mass is a blood vessel.

Awarded 3.0 points out of 3.0 possible points.

Chapter 10

Submission Details

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1. Questions

1.

1.ID: 986683006

While assessing a patient, the nurse palpates the thyroid gland and finds that it is enlarged. What should the nurse do next?

- A. ☐ Apply cricoid pressure.
- B. ☒ Listen to the area with a stethoscope. **Correct**
- C. ☐ Observe the neck area with tangential lighting.

- D. ☐ Auscultate the heart for a systolic murmur.

Upon finding enlargement of the thyroid, the nurse should auscultate the thyroid area for a bruit. Bruits are associated with turbulent blood flow that occurs with an area of increased vascularity as with a tumor. The nurse should have inspected the neck before palpation. Applying cricoid pressure and auscultation of the heart are not correct.

Awarded 1.0 points out of 1.0 possible points.

2. 2.ID: 986682298

While assessing the neck, the nurse displaces the thyroid cartilage to the left side and is able to feel a pulsation. This sign could be associated with which condition?

- A. ☐ Acromegaly
- B. ☐ Hyperthyroidism
- C. ☐ Cardiac tamponade
- D. ☒ Aortic arch aneurysm **Correct**

The pulsation felt when the thyroid cartilage is displaced is associated with an aortic arch aneurysm. This pulsation, Cardarelli sign, is felt in the presence of an aortic arch aneurysm because there is more direct access to the aorta. Acromegaly, hyperthyroidism, and cardiac tamponade do not cause a pulsation here.

Awarded 1.0 points out of 1.0 possible points.

3. 3.ID: 986682296

Which condition could lead to tracheal deviation?

- A. ☐ Torticollis
- B. ☐ Myxedema
- C. ☐ Temporal arteritis
- D. ☒ Tension pneumothorax **Correct**

With a tension pneumothorax, air enters the pleural space, and there is no exit for the air to escape. With each respiration, the pressure builds and compresses the mediastinum, which displaces the trachea to the side away from the pneumothorax. Torticollis, myxedema, and temporal arteritis do not cause tracheal deviation.

Awarded 1.0 points out of 1.0 possible points.

4. 4.ID: 986683002

A patient with Bell palsy is at risk for which complication?

- A. ☐ Stroke
- B. ☐ Throat cancer

- C. ☐ Exophthalmus
- D. ☒ Corneal abrasion **Correct**

Because the patient cannot fully close the eye with Bell palsy (paralysis of cranial nerve VII facial), he or she is at risk for corneal abrasion. The facial appearance is similar to that of some patients with stroke. Throat cancer is not associated with Bell palsy. Exophthalmus is bulging of the eyes associated with thyroid conditions.

Awarded 1.0 points out of 1.0 possible points.

5. 5.ID: 986683008

At what age should the anterior fontanel be closed?

- A. ☐ 2 to 3 months
- B. ☐ 4 to 5 months
- C. ☒ 12 to 15 months **Correct**
- D. ☐ It remains slightly open until puberty.

The anterior fontanel should be closed at the age of 12 to 15 months. The posterior fontanel closed at 2 to 3 months. The anterior fontanel is open at 4 to 5 months and is definitely closed at puberty.

Awarded 1.0 points out of 1.0 possible points.

6. 6.ID: 986682293

The nurse reviews the history of a child who was diagnosed with positional plagiocephaly as an infant. What is the cause of this condition?

- A. ☐ Obstruction of drainage of cerebrospinal fluid
- B. ☐ Mother drank excessive alcohol while pregnant
- C. ☐ Positioning the child to sleep in a prone position
- D. ☒ Positioning the child to sleep in a supine position **Correct**

Positional plagiocephaly is a flattened area of the skull that results from an infant lying on their back to sleep with constant pressure on one area of the skull. Parents place the child to sleep supine to decrease the risk of sudden infant death syndrome. Hydrocephaly, or an enlarged head, is caused by the obstruction of cerebrospinal fluid. Fetal alcohol syndrome, causing definite facial malformations, is caused by the mother abusing alcohol during pregnancy. An infant sleeping prone has an increased risk for sudden infant death syndrome but will not have the flattened area of the skull.

Awarded 1.0 points out of 1.0 possible points.

7. 7.ID: 986683000

Which is the expected assessment finding when palpating the thyroid in an adult?

- A. ☐ Several small nodules are often felt.
- B. ☒ The thyroid is slightly palpable. **Correct**
- C. ☐ There is slight tenderness.
- D. ☐ Four parathyroid glands are palpable

The expected assessment finding is that the thyroid gland is slightly palpable. The presence of nodules or tenderness in the thyroid are abnormal and warrant further investigation. The parathyroid glands are not palpable.

Awarded 1.0 points out of 1.0 possible points.

8. 8.ID: 986683012

Where does the parotid duct open?

- A. ☐ Under the tongue
- B. ☐ Near the angle of the jaw
- C. ☒ Buccal mucosa near the second molar tooth **Correct**
- D. ☐ Near the lingual vein on the undersurface of the tongue

The parotid duct (Stensen duct) opens into the mouth from the buccal mucosa near the second molar tooth. The sublingual gland opens under the tongue. The submandibular glands are located at the angles of the jaw. There is no ductal opening on the undersurface of the tongue.

Awarded 1.0 points out of 1.0 possible points.

9. 9.ID: 986715530

What should the nurse ask the patient to do while inspecting the thyroid? (Select all that apply.)

- A. ☒ Swallow water. **Correct**
- B. ☐ Hold the breath.
- C. ☐ Puff out the cheeks.
- D. ☒ Slightly extend the neck. **Correct**
- E. ☐ Turn the head to the right and left.

The nurse asks the patient to slightly extend the neck and observes for symmetry. The nurse looks from the side and also observes while the patient is swallowing water. Holding the breath, puffing out the cheeks, or turning the head from side-to-side is not included in the inspection.

Awarded 2.0 points out of 2.0 possible points.

10. 10.ID: 986715548

Which assessment finding is consistent with hypothyroid function? (Select all that apply.)

- A. ☐ Weight loss
- B. ☐ Tachycardia
- C. ☒ Constipation **Correct**
- D. ☐ Butterfly rash
- E. ☒ Periorbital puffiness **Correct**
- F. ☒ Coarse, scaly, dry skin **Correct**

Assessment findings related to a slowed metabolism are associated with hypothyroidism. These include constipation; periorbital puffiness (swelling around the eyes); and coarse, scaly, dry skin. Weight loss and tachycardia are associated with hyperthyroidism. A butterfly rash is associated with systemic lupus erythematosus.

Awarded 3.0 points out of 3.0 possible points.

Chapter 13

Submission Details

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1. Questions

1. 1.ID: 986687134

Areas of hyperresonance are percussed over the lung fields in which condition?

- A. ☐ Pleurisy
- B. ☐ Pneumonia
- C. ☒ Emphysema **Correct**
- D. ☐ Pleural effusion

Areas of trapped air that occur with emphysema cause hyperresonance with percussion. Pleurisy causes a friction rub with auscultation. Pneumonia and pleural effusion are likely to cause areas of dullness.

Awarded 1.0 points out of 1.0 possible points.

2. 2.ID: 986687128

The manubriosternal angle (angle of Louis) is continuous with which anatomical landmark?

- A. ☐ Clavicle
- B. ☒ Second rib **Correct**
- C. ☐ Xiphoid process
- D. ☐ Seventh intercostal space

The manubriosternal angle is continuous with the second rib. The clavicle, xiphoid process, and seventh intercostal space are also anterior landmarks.

Awarded 1.0 points out of 1.0 possible points.

3. 3.ID: 986687132

Which breath sounds, heard in the posterior bases, suggest atelectasis?

- A. ☐ Stridor
- B. ☐ Vesicular sounds
- C. ☐ Bronchial sounds
- D. ☒ Diminished breath sounds **Correct**

Patients with atelectasis, in which alveoli are collapsed, have diminished or absent breath sounds in the bases. Stridor is crowing heard with upper airway obstruction. Vesicular sounds are normal sounds heard in the bases posteriorly. Bronchial sounds are normally heard over the trachea.

Awarded 1.0 points out of 1.0 possible points.

4. 4.ID: 986687124

Which finding on the patient history is suspicious for pulmonary tuberculosis?

- A. ☐ Afebrile
- B. ☐ Weight gain
- C. ☒ Night sweats **Correct**
- D. ☐ Clear sputum

Night sweats are associated with pulmonary tuberculosis. Fever, weight loss, and blood-tinged sputum are also associated with pulmonary tuberculosis.

Awarded 1.0 points out of 1.0 possible points.

5. 5.ID: 986687140

Which assessment finding of the respiratory system in a 2-month-old infant is considered abnormal?

- A. ☐ Sneezing
- B. ☒ Grunting **Correct**
- C. ☐ Rounded thorax
- D. ☐ Respiratory rate of 50 breaths/min

Grunting respirations in an infant are a sign of respiratory distress. Sneezing, a respiratory rate between 40 and 60 breaths/min, and a rounded thorax (anteroposterior equals transverse diameter) are normal findings.

Awarded 1.0 points out of 1.0 possible points.

6. 6.ID: 986687130

Which assessment finding suggests a child has epiglottitis?

- A. ☐ Salty taste of skin
- B. ☐ Harsh, barking cough
- C. ☒ Difficulty swallowing **Correct**
- D. ☐ Wheezing respirations

A child with epiglottitis has an extremely sore throat and is reluctant to swallow. Children with cystic fibrosis have a salty taste to the skin. A harsh barking cough occurs with acute laryngotracheitis or croup. Wheezing occurs with asthma.

Awarded 1.0 points out of 1.0 possible points.

7. 7.ID: 986687136

A patient with metabolic acidosis is likely to display which type of respiration?

- A. ☐ Shallow bradypnea
- B. ☒ Rapid deep regular breathing **Correct**
- C. ☐ Grossly irregular breathing with periods of apnea
- D. ☐ Deep to shallow breathing to apnea repeated in cycles

Kussmaul respirations occur with metabolic acidosis. The patient breathes deeply and rapidly as the body blows off carbon dioxide to compensate. Shallow, slow breathing; irregular breathing with apnea (ataxic respirations); and cyclic breathing with apnea (Cheyne Stokes) are not associated with metabolic acidosis.

Awarded 1.0 points out of 1.0 possible points.

8. 8.ID: 986687126

In which condition is fluid present in the pleural space?

- A. ☐ Crepitus
- B. ☐ Pneumonia
- C. ☐ Pneumothorax
- D. ☒ Pleural effusion **Correct**

Fluid is present in the pleural space with a pleural effusion. Crepitus is air in the subcutaneous tissues leaking from the lung area. Pneumonia is a consolidation of alveoli with debris caused by infection. Pneumothorax is air present in the pleural space.

Awarded 1.0 points out of 1.0 possible points.

9. 9.ID: 986687138

During a history, a client tells the nurse he has smoked 2 packs of cigarettes per day for 10 years and 1 pack per day for the past 15 years. The cigarette use is reported as how many pack-years?

-
- A. ☐ 24
 - B. ☐ 8
 - C. ☐ 60
 - D. ☒ 35 **Correct**

Smoking history is reported in pack-years, which is determined by the number of packs smoked per day multiplied by the number of years smoked. The client smoked 2 packs X 10 years (20) plus 1 pack X 15 years (15) for a total of 35 pack-years.

Awarded 1.0 points out of 1.0 possible points.

10. 10.ID: 986687142

The nurse auscultates the lungs posteriorly in the bases. Identify the [sounds heard](#). Identify the breath sounds.

- A. ☐ Stridor
- B. ☐ Crackles
- C. ☒ Vesicular **Correct**
- D. ☐ Wheezes

The breath sounds are vesicular, the normal breath sounds heard peripherally. The sounds are not stridor, crackles, or wheezes.

Awarded 1.0 points out of 1.0 possible points.