**Physical Assessment**

Assessing patients is a critical part of the provision of care. Assessments help the healthcare profession analyze patients' conditions when they present to the health facility complaining of illness. When assessing the patient, it is crucial to be keen on specific elements that may help diagnose. It is essential to develop a consistent and systematic way of conducting a patient assessment to ensure the process's completeness. For instance, many healthcare practitioners have adopted the SOAP acronym to provide all crucial aspects of evaluation are captured.

When beginning history taking, it is essential to indicate the source of information; it can be the patient, family, or friend. Also, mention if the history is questionable and include rationale. The assessment should consist of the patient's name, age, sex, and ethnic background; however, one should respect patients' decisions if they do not want to disclose ethnicity or sex. The chief complaint should be written according to the patient's expression and not how the health professional understands.

History of present illness (HPI) must start with the patient's age, sex and ethnicity, and current condition. It is necessary to use locate mnemonic to ensure the seven characteristics of HPI are captured. When doing a review of the system (ROS), the questions should be asked in layman language. However, health professionals can write them in medical terms. HPI should also include general information and social history, past medical history, sexual history, family medical history, and psychological history. ROS are the patients' perspective on the level of body functioning. The assessment includes general information, family medical history. The information obtained is crucial in assessing the impact of present illness on the level of baseline functioning.

Physical examination should include the head to toe assessment of the organ system. The physical exam is similar to ROS to no small extent, only from health professional findings. When conducting the exams, it is essential to mention the reason for inadequate examination. Tests and studies should only include data available at the time of admission. It is necessary to list the patent's problem followed by impression and plan. The problem list should consist of chief complain and any other conditions discovered during a physical exam or studies and tests. The impression should include differential diagnosis with the primary diagnosis on the top. The plan section should consist of perceptions and non- pharmacological therapy and teaching plan.

**Cardiovascular Examination Lab I**

When planning for a cardiovascular examination, healthcare professional should ensure the right instrument for conduction exams are available in working condition. General guidelines to follow when doing a cardiovascular exam include patient attire to ensure maximum exposure of the exam area and maintain patients' modesty and dignity. It also recommended placing the stethoscope directly on patients' skin instead of over their clothes. The examination room should be quiet and comfortable. Additionally, it is essential to observe cardiovascular disease signs and refer to blood pressure heart readings before starting the exams. If blood pressure and heart rate readings are not available, one should use optimal techniques to measure before starting the exam. Health professionals should be aware of cardiovascular exams' critical sequences: inspection, palpation, percussion, and auscultation.

Health professionals should have essential skills for examining different components of cardiovascular exams. Arterial pulse assessment is used to assess the heart rate and rhythm. It is done by compressing the radial artery pulse in the wrist and keenly count pulses for 15 seconds and multiply by 4 to get the heart rate. A carotid pulse exam is used to assess the amplitude and shape of the pulse wave. Auscultation for bruits is done to check for the artery's narrowing, especially for middle age and older patients. When doing the Jugular Venous Pressure (JVP) exam, the patients' position is critical. Using tangential lighting is essential to observe palpitations; the exam's focus should be on the internal jugular vein.