

**Ball State University School of Nursing
NUR 634: Advanced Health Assessment**

Student Name _____

Physical Examination of Skin, Hair, and Nails

Skin (Inspect and Palpate)

S	U	
		Color
		Moisture
		Temperature
		Texture
		Mobility and Turgor
		Lesions

Hair (Inspect and Palpate)

S	U	
		Quantity
		Distribution
		Texture

Nails (Inspect and Palpate)

S	U	
		Shape and Contour
		Consistency
		Color/Pigmentation

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Physical Examination of the Head, Eyes, Ears, Nose, and Throat

Head (Inspect and Palpate)

S	U	
		Hair – quantity, distribution, texture, pattern of loss
		Scalp – lesions, scaliness, masses, tenderness
		Skull – size, contour
		Face – facial expression, symmetry, involuntary movements, edema, masses
		Skin – color, pigmentation, texture, thickness, hair distribution, lesions
		Temporomandibular joints limitation of movement, crepitus, tenderness

Eyes (Inspect)

S	U	
		Visual acuity
		Visual fields by confrontation
		Position and alignment of the eyes
		External eye structures: eyebrows, eyelids, eyelashes, lacrimal apparatus
		Conjunctiva and sclera – color, lesions, swelling
		Cornea and lens – opacities
		Iris – shape and color
		Pupils – size, shape, symmetry, pupillary reaction to light and accommodation
		Extraocular muscle movements – corneal light reflection, conjugate movements, lid lag, nystagmus
		Ophthalmoscopic exam: optic disc (disc margins, color), retina (vessels, lesions, opacities, papilledema)

Ears (Inspect and Palpate)

S	U	
		Auricles – color, shape, masses, lesions, tenderness
		Ear canals– color, discharge, cerumen
		Ear drums – color, contour, cone of light, bony landmarks
		Auditory acuity
		Air and bone conduction – Weber and Rinne Tests

Nose and Sinuses (Inspect and Palpate)

S	U	
		Anterior and inferior surfaces of nose – symmetry, deformities, patency
		Nasal septum and mucosa – color, symmetry, swelling, bleeding, exudate, polyps, septum deviation or perforation
		Frontal and maxillary sinuses - tenderness

Mouth and Pharynx (Inspect and Palpate)

S	U	
		Lips – color, moisture, lesions
		Oral mucosa – color, lesions
		Gums – color, swelling, lesions, bleeding, tenderness
		Teeth – color, positioning, missing, cavities/fillings, tenderness
		Roof of mouth, floor of mouth, tongue – color, lesions
		Pharynx – color, symmetry, exudates, swelling, lesions, tonsillar enlargement

Neck (Inspect and Palpate)

S	U	
		Alignment, range of motion, symmetry and strength of neck muscles
		Lymph nodes – size, shape, consistency, mobility, tenderness
		Trachea – alignment
		Thyroid gland – size, shape, consistency, nodules, mobility, tenderness

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Physical Examination of Thorax, Lungs, and Breasts

Initial Survey

S	U	
		Rate, rhythm, depth and effort of breathing
		Shape of chest – AP diameter

Posterior Chest (Inspect, Palpate, Percuss, and Auscultate)

S	U	
		Inspect – shape, symmetry, retractions, impaired respiratory movement
		Palpate - chest expansion, tactile fremitus, CVA tenderness
		Percuss – identify sounds, symmetry, diaphragmatic excursion
		Auscultate – identify breath sounds, symmetry, transmitted voice sounds

Anterior Chest (Inspect, Palpate, Percuss, and Auscultate)

S	U	
		Inspect – shape, symmetry, retractions, impaired respiratory movement
		Palpate –chest expansion, tactile fremitus
		Percuss – identify sounds, symmetry
		Auscultate – identify breath sounds, symmetry, transmitted voice sounds

Breasts and Axilla (Inspect and Palpate)

S	U	
		Inspect breasts – size, symmetry, skin color, contours, dimpling, nipple inversion or retraction, nipple discharge, Tanner staging (for adolescent female)
		Palpate breasts– consistency, tenderness, masses
		Palpate axillary, infraclavicular, and supraclavicular lymph nodes

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Physical Examination of the Heart and Peripheral Vascular System

Heart (Inspect, Palpate, Percuss, and Auscultate)

S	U	
		Palpate precordium – thrills, heaves, lifts
		Inspect and palpate apical impulse – location, diameter, amplitude, duration
		Percuss – estimate cardiac borders
		Auscultate – heart sounds in six areas, identify S1, S2, extra sounds

Neck (Inspect, Palpate, and Auscultate)

S	U	
		Inspect – identify external jugular veins and internal jugular venous pulsations
		Palpate carotid arteries - amplitude, thrills
		Auscultate carotid arteries - bruits

Upper and lower extremities (Inspect and Palpate)

S	U	
		Inspect - symmetry, color, swelling, venous patterns, hair distribution, lesions
		Palpate pulses – radial, brachial, posterior tibial, dorsalis pedis, femoral
		Palpate lymph nodes – axillary, epitrochlear, inguinal
		Assess capillary refill

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Physical Examination of the Abdomen

Inspection

S	U	
		Skin –scars, striae, venous patterns, lesions
		Contour, symmetry, masses, pulsations

Auscultation

S	U	
		Bowel sounds, bruits, friction rubs

Percussion

S	U	
		General percussion over abdomen – identify sounds
		Liver – measure vertical span
		Splenic percussion sound

Palpation

S	U	
		Light and deep palpation – tenderness, masses
		Liver, spleen, and kidneys – size, tenderness
		Aorta - width

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Physical Examination of the Nervous System

Cranial Nerves (some of CN exam is covered in other areas of exam)

S	U	
		CN I – sense of smell
		CNII – visual acuity, visual fields, ocular fundi
		CNII and III – pupillary reactions
		CN III, IV, VI – extraocular movements
		CN V – corneal reflexes, facial sensation, jaw movements
		CN VII – facial movements
		CN VIII – hearing
		CN IX and X – swallowing and rise of palate, gag reflex
		CN V, VII, X, XII – voice and speech
		CN XI – shoulder and neck movements
		CN XII – tongue symmetry and position

Motor System

S	U	
		Muscle bulk upper and lower extremities - size, contour, symmetry
		Muscle tone upper and lower extremities – resistance to passive stretch, symmetry
		Muscle strength: upper and lower extremities – grade, symmetry
		Coordination – rapid alternating movements, finger to nose and heel to shin tests, gait, Romberg test, test for pronator drift

Sensory System

S	U	
		Pain – sharp or dull
		Light touch
		Vibration
		Position
		Discriminative sensations

Deep Tendon Reflexes

S	U	
		Upper extremities: biceps, triceps, brachioradialis – grade, symmetry
		Lower extremities: quadriceps, achilles, plantar – grade, symmetry
		Abdomen

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Mental Status Assessment

S	U	
		Assess appearance and behavior – level of consciousness; posture and motor behavior; dress, grooming, and personal hygiene; facial expression; affect
		Assess speech and language – quantity, rate, loudness, articulation of words, fluency
		Assess mood –contentment, worry, depression, anxiety, mania, other
		Assess thought processes – logic, relevance, organization, coherence,
		Assess thought content –compulsions, obsessions, phobias, delusions, other
		Assess perceptions – illusions, hallucinations
		Assess insight and judgment
		Assess cognitive functions – orientation, attention, remote memory, recent memory, new learning ability
		Assess higher cognitive functions – calculating ability, abstract thinking, constructional ability

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Physical Examination of the Musculoskeletal System

Upper Extremities: shoulders, elbows, wrists, hands (Inspect and Palpate)

S	U	
		Inspect joints - symmetry, alignment, bony deformities
		Inspect and palpate surrounding tissues - skin changes, nodules, muscle atrophy, crepitus, swelling, warmth, tenderness, redness
		Perform range of motion – symmetry, limitations, pain, stability

Spine and Neck (Inspect and Palpate)

S	U	
		Inspect posture, gait, spinal curvatures
		Palpate spinous processes and paravertebral muscles – tenderness, spasms
		Perform range of motion of neck and spinal column – symmetry, limitations, pain

Lower Extremities: hips, knees, ankles, feet (Inspect and Palpate)

S	U	
		Inspect joints - symmetry, alignment, bony deformities
		Inspect and palpate surrounding tissues - skin changes, nodules, muscle atrophy, crepitus, swelling, warmth, tenderness, redness
		Perform range of motion – symmetry, limitations, pain, stability

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Examination of Female Genitalia

External Genitalia (Inspect and Palpate)

S	U	
		Tanner staging in adolescent
		Inspect mons pubis – hair distribution, lesions, excoriations, infestations
		Inspect labia, clitoris, urethral meatus, vaginal introitus, perianal area – color, lesions, swelling, discharge, inflammation
		Palpate Bartholin’s glands if has labial swelling – enlargement, tenderness, exudate

Vaginal Examination (Inspect and Palpate)

S	U	
		Assess vaginal wall support – cystocele, rectocele
		Insert speculum
		Inspect vagina – color, rugae, discharge, inflammation, lesions, masses
		Inspect cervix – color, position, smoothness, os shape, discharge, inflammation lesions, masses
		Obtain specimens for cervical cytology and cervical cultures
		Obtain specimen for vaginal wet mount
		Remove speculum

Bimanual Examination (Palpate)

S	U	
		Cervix – consistency, mobility, tenderness, masses
		Uterus – position, size, consistency, mobility, tenderness, masses
		Ovaries – size, consistency, mobility, tenderness, masses
		Rectovaginal exam if indicated – masses, tenderness

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Physical Examination of the Male Genitalia, Rectum, and Prostate

Male Genitalia (Inspect and Palpate)

S	U	
		Tanner staging in adolescent
		Inspect mons pubis – hair distribution, lesions, excoriations, infestations
		Inspect penis and urethral meatus – color, lesions, swelling, discharge, inflammation, meatus position, retraction of foreskin if present
		Inspect scrotum – color, lesions, swelling, inflammation, varicosities
		Palpate testicles, epididymis, and spermatic cord – consistency, swelling, tenderness, masses, varicosities
		Inspect and palpate for inguinal and femoral hernias
		Inspect perianal area – color, lesions, swelling, inflammation

Rectum and Prostate (Palpate)

S	U	
		Assess anal sphincter tone
		Palpate rectum – masses, tenderness
		Palpate prostate – size, shape, consistency, masses, tenderness

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