

Health Assessment Study Guide

Health History

1. Define health and health assessment
 - a. Health: a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
 - b. Health assessment: health history - gather data from the patient/or family, past medical records, physical and psychological issues, social and cultural associations, environment, developmental level, and spiritual beliefs contributes to the history. Purpose: determine a patient's health status, risk factors, and need for education as a basis for developing a nursing plan of care
2. Differentiate between sign/symptom, subjective/ objective data
 - a. Sign is objective, what the practitioner observes. (color of skin, nails bed, mass on abdomen)
 - b. Symptom is subjective, what the patient reports (pain, headache)
3. Understand and demonstrate when to use open vs closed ended questions
 - a. Open the interview with a broad, open-ended question
 - b. End interview with close-ended questions (think cone)
4. Explain the components of the health assessment
 - a. Health history - interview
 - b. Physical exam
 - c. Purpose: determine a patient's health status, risk factors, and need for education as a basic for developing a nursing plan of care
 - d. Structure/order of the history:
 - i. The identifiers: name, date, age, time, gender, race, occupation, referral source, marital status, relationship status
 - ii. Chief complaint
 - iii. History of present illness
 1. OLDCART
 - iv. Past medical history
 1. Adult medical illness, surgery-procedures, childhood illnesses, trauma, more recent PE-screening. Last menstrual period, meds, allergies, transfusions, emotional status
 - v. Family history
 - vi. Personal and social history - personal status, habits, sexual history, home conditions, occupation, environment, military record, religious preference, access to care, sleep pattern, exercise, living situation, work environment/occupational history, relaxation, hobbies, nutrition, tobacco (PPD),

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Christian G. Meyer



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Table of Contents Health Assessment Study Guide

1. Understanding the eBook Health Assessment Study Guide
 - The Rise of Digital Reading Health Assessment Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Health Assessment Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Health Assessment Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Health Assessment Study Guide

- Personalized Recommendations
- Health Assessment Study Guide User Reviews and Ratings
- Health Assessment Study Guide and Bestseller Lists
- 5. Accessing Health Assessment Study Guide Free and Paid eBooks
 - Health Assessment Study Guide Public Domain eBooks
 - Health Assessment Study Guide eBook Subscription Services
 - Health Assessment Study Guide Budget-Friendly Options
- 6. Navigating Health Assessment Study Guide eBook Formats
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- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Health Assessment Study Guide
 - Highlighting and Note-Taking Health Assessment Study Guide
 - Interactive Elements Health Assessment Study Guide
- 8. Staying Engaged with Health Assessment Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Health Assessment Study Guide
- 9. Balancing eBooks and Physical Books Health Assessment Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Health Assessment Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Health Assessment Study Guide
 - Setting Reading Goals Health Assessment Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Health Assessment Study Guide

- Fact-Checking eBook Content of Health Assessment Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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