1  Assessment Techniques
   General Survey
   Skin, Hair, and Nails

2  Cultivating Your Senses
   • Inspection
     – Always performed first
   • Palpation
     – Purpose
     – Use different parts of the hands
     – Light vs. deep palpation

3  Cultivating Your Senses, cont.
   • Percussion
     – Purpose
     – Direct percussion
     – Indirect percussion
       • Stationary hand
       • Striking hand
     – Characteristics of percussion notes
       • Resonant
       • Hyperresonant
       • Tympany
       • Dull
       • Flat

4  Cultivating Your Senses, cont.
   • Auscultation
     – Fit and quality of stethoscope
     – Diaphragm and bell endpieces
     – Eliminate confusing artifacts

5  General Survey
   • Physical appearance
     – Age
     – Gender
     – Level of consciousness
     – Skin color
     – Facial features
   • Body structure
     – Stature
     – Nutrition
     – Symmetry
     – Posture
     – Position
     – Body build, contour

6  General Survey, cont.
   • Mobility
     – Gait
     – Range of motion
   • Behavior
     – Facial expression
     – Mood and affect
     – Speech
     – Dress
     – Personal hygiene

7  Pain Assessment Tools
   • Numeric rating scales
     – 0 is no pain, 10 is worst pain ever
● Descriptor scale
  – Words used to describe pain
● FACES pain rating scale

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Skin, Hair, and Nails

● Structure and Function
● Subjective Data—Health History Questions
● Objective Data—The Physical Exam
● Abnormal Findings
● Photos

9

Structure and Function

● Skin—three layers
  1. Epidermis
     – Stratum germinativum or basal cell layer
     – Stratum corneum or horny cell layer
     – Derivation of skin color
  2. Dermis
     – Connective tissue or collagen
     – Elastic tissue
  3. Subcutaneous layer
● Epidermal appendages
  1. Hair
  2. Sebaceous glands
  3. Sweat glands
     – Eccrine glands
     – Apocrine glands
  4. Nails

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Skin Structure

11

Function of the Skin

● Protection
● Prevents penetration
● Perception
● Temperature regulation
● Identification
● Communication
● Wound repair
● Absorption and excretion
● Production of vitamin D

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Subjective Data—Health History Questions

1
● Previous history of skin disease (allergies, hives, psoriasis, or eczema)
● Change in mole
● Change in pigmentation (size or color)
● Excessive dryness or moisture
● Pruritus
● Excessive bruising
● Rash or lesion
● Medications
● Hair loss
● Change in nails
● Environmental or occupational hazards
● Self-care behaviors

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Objective Data—The Physical Exam

● Preparation
  – External variables that influence skin color
• Equipment needed
  - Strong direct lighting
  - Small centimeter ruler
  - Penlight
  - Gloves
  - For special procedures
    • Wood’s light
    • Magnifying glass
    • Materials for laboratory tests: KOH, glass slide

14  📝 Objective Data—
The Physical Exam, cont.
Skin—Inspect and Palpate
● Color
  - General pigmentation
  - Widespread color change
    • Pallor
    • Erythema
    • Cyanosis
    • Jaundice

15  📝 Objective Data—
The Physical Exam, cont.
Skin—Inspect and Palpate, cont.
● Temperature
  - Hypothermia
  - Hyperthermia
● Moisture
  - Diaphoresis
  - Dehydration

16  📝 Objective Data—
The Physical Exam, cont.
Skin—Inspect and Palpate, cont.
● Texture
● Thickness
● Edema
● Mobility and turgor
● Vascularity or bruising

17  📝 Objective Data—
The Physical Exam, cont.
Skin—Inspect and Palpate, cont.
● Lesions
  - Color
  - Elevation
  - Pattern or shape
  - Size
  - Location and distribution on body
  - Exudate

18  📝 Objective Data—
The Physical Exam, cont.
Hair—Inspect and Palpate
● Color
● Texture
● Distribution
● Lesions

19  📝 Objective Data—
The Physical Exam, cont.
Nails—Inspect and Palpate
• Shape and contour
  – Profile sign

• Consistency
• Color
  – Capillary refill

20 Objective Data—
The Physical Exam, cont.
Promoting Health and Self-Care
• Teach skin self-examination, using the ABCDE rule
  A—asymmetry
  B—border
  C—color
  D—diameter
  E—elevation and enlargement

21 The Aging Adult
• Skin color and pigmentation
  – Senile lentigines (liver spots)
  – Keratoses
• Moisture
  – Xerosis
• Texture
  – Acrochordons (skin tags)
  – Sebaceous hyperplasia

22 The Aging Adult

23 Abnormal Findings
Common Shapes and Configurations of Lesions
(photos at end)
• Annular or circular (tinea)
• Confluent (urticaria)
• Discrete (molluscum)
• Grouped (vesicles of dermatitis)
• Gyrate (anakalia)
• Target or iris (erythema multiforme)
• Linear (scratch, streak, line)
• Polycyclic (psoriasis)
• Zosteriform (herpes zoster)

24 Abnormal Findings
Primary and Secondary Skin Lesions
(photos at end)
Primary skin lesions

25 Pressure Sores
• Stage 1
  – Nonblanchable erythema of intact skin
• Stage 2
  – Partial-thickness skin loss involving the epidermis, dermis, or both
• Stage 3
  – Full-thickness skin loss involving damage to or necrosis of subcutaneous tissue, which may extend down to but not through underlying fascia
• Stage 4
  – Full-thickness skin loss with extensive destruction, tissue necrosis, or damage to muscle, bone or supporting structures

26 Abnormal Findings
Vascular Lesions
(photos at end)
• Hemangiomas
  – Port-wine stain (nevus flammeus)
  – Strawberry mark (immature hemangioma)
– Cavernous hemangioma (mature)

● Telangiectases
  – Spider or star angioma
  – Venous lake

● Purpuric lesions
  – Petechiae
  – Purpura

● Lesions due to trauma or abuse
  – Pattern injury
  – Hematoma
  – Ecchymosis (bruise)

27 Abnormal Findings
Common Skin Lesions
/photos at end/
● Primary contact dermatitis
● Allergic drug reaction
● Tinea corporis (ringworm of the body)
● Tinea pedis (ringworm of the foot)
● Psoriasis
● Tinea versicolor
● Labial herpes simplex (cold sores)
● Herpes zoster (shingles)
● Erythema migrans of Lyme disease

28 Abnormal Findings
Malignant Skin Lesions
/photos at end/
● Basal cell carcinoma
● Squamous cell carcinoma
● Malignant melanoma

29 Abnormal Findings
Abnormal Conditions of Hair
/photos at end/
● Seborrheic dermatitis (cradle cap)
● Tinea capitis (scalp ringworm)
● Toxic alopecia
● Alopecia areata
● Traumatic alopecia, traction alopecia
● Trichotillomania
● Pediculosis capitis (head lice)
● Folliculitis
● Hirsutism
● Furuncle and abscess

30 Abnormal Findings
Abnormal Conditions of the Nails
/photos at end/
● Koilonychia (spoon nails)
● Paronychia
● Beau’s line
● Splinter hemorrhages
● Late clubbing
● Onycholysis
● Habit-tic dystrophy
● Pitting