

Adult Physical Assessment

Course Description: This module is a comprehensive guide to performing head-to-toe physical assessments. It offers tips for efficient and effective patient interviews, as well as methods for performing neurological, respiratory, circulatory, abdominal, and extremity assessments. The module also covers the fundamental principles for understanding ABG analysis, IV solutions, and fluid and electrolyte imbalances, and will boost both knowledge and confidence when caring for patients and conducting daily physical assessments.

Course Objectives:

- Explain the purpose of physical assessments and identify the components of proper preparation
- Discuss communication skills and methods for collecting information from patients during physical assessment interviews
- Describe the importance of building rapport with family members
- Explain methods for distinguishing between normal and abnormal findings in neurological, respiratory, cardiac, abdominal, and extremities assessments, and relate these findings to possible causes
- Describe the potential effects of medications and other components that should be considered during physical assessments
- Present documentation tips and techniques for physical assessments
- Describe the fundamental elements of an Arterial Blood Gas Analysis
- Differentiate between hypotonic, isotonic, and hypertonic IV solutions, and list their indications for use
- Discuss the signs and symptoms of volume overload and patient dehydration
- Relate electrolyte imbalances to patient symptoms and assessments