



CONTINUING NURSING STUDIES

Health Assessment Course

Clinical Assignment

PART I - HEALTH HISTORY

Date of Interview:

Interviewer:

Source of Information:

1. **Biographical/Demographic Data:**

Client Initials:

Room/Location:

Age:

Birthplace [Rural/Urban]:

Sex:

Marital Status:

Race:

Religion:

Occupation

Transportation to Hospital (if applicable):

2. **Current Health Status**

Reason for Visit:

Hx of Present Illness:

Symptom Analysis:

Other Known Health Problems:

Health Concerns or Worries:

Health Protection and Promotion Behaviours

Last Examinations:

Client's Self-Concept and Coping Patterns:

Relaxation/Stress/Reduction/Exercise:

Nutrition (Obtain 24 hr. diet hx; likes/dislikes/intolerances):

Dentures:

Dental Self Care:

Medications (Prescription; OTC):

Tobacco:

Alcohol:

Seat Belt Use:

3. Past Health

Obstetric Hx

Childhood Illnesses:

Immunizations (Current):

Allergies:

Hospitalizations/Operations:

Serious or Chronic Illnesses

Accidents and Injuries:

4. **Family History**

Major Disorders (cancer, diabetes, hypertension, etc):

Health Information About Family Members:

Genogram:

5. **Personal Social History**

Home/Neighbourhood/Community (Who lives in home?):

Culture/Religious Background and Practices:

Family Members and Social Support Systems (Important Relationships):

Sexuality (Patterns, Satisfaction):

Occupational and Educational Hx:

Coping and Stress Management:

Activity/Exercise:

Sleep/Rest Patterns:

Self Esteem / Self Concept

PART II - REVIEW OF SYSTEMS

1. **General Health State**

Weight: Any Change:

Height:

Fatigue/weakness:

Ability to Carry Out ADL:

Tolerance to Heat and Cold:

2. **Head and Neck**

Headaches:

Injuries, Infections:

Dizziness, Vertigo, Syncope:

Any Problems or Unusual Observations With:

Scalp:

Hair:

Face:

Neck:

3. **Eyes**

Vision Problems (Glasses; Contacts)

Any problems with eyes generally:

Hx of Trauma:

4. **Ears, Nose and Throat**

Hearing Problems (Prosthesis):

Any Problems (Nose and Throat):

Sense of Smell and Taste Altered:

Difficulty in Swallowing:

Hoarseness:

5. **Respiratory/Thoracic**

Shortness of Breath and Other Abnormal Patterns:

Cough, Sputum, Sweating at Night:

Recent Changes:

Last Chest X-Ray:

Hx of Lung Disease:

6. **Cardiovascular/Lymphatic**

Chest Pain, Palpitations:

Last EKG:

Hx Murmur, Hypertension, etc:

Peripheral Vascular (Edema; Temp and Sensation Changes; Pain; Varicosities):

Bleeding and Bruising:

Anemia:

Lymph Node Swelling:

Blood Transfusions:

7. **Gastrointestinal**

Any Problems: (N, V, Indigestion, Pain, Infection, Belching):

Appetite Change:

Bowel Habits and Consistency (Drugs, any changes):

Rectal Pain, Hemorrhoids, Rectal Bleeding:

8. **Genitourinary**

Urine Characteristics:

Urination Characteristics (Tenderness, Odour, Burning, Pain):

Hx of Infection (Lesion, Discharge, Odour):

9. **Females**

Description of Menstrual Hx and Cycle:

Hx of Amenorrhea, Menorrhagia, etc.

Recent Changes, Last Gyne Exam and Pap Smear:

Breasts/Axillae

Any Problems:
(Pain, Swelling, Nipple Discharge, Lumps):

Hx of Breast Disease, any Surgery:

Last SBE or Mammography:

Male

Circumcised:

Hx of Hernia, Hydrocele, Penis or Testicular Pain, Sores or Lesions:

Hx of Prostate Problems:

Last Testicular Exam:

10. Musculoskeletal

Any Problems with Muscles/Bones/Joints:

Hx of Arthritis, Gout, etc.

Any Problems with Walking:

Back Problems (Hx of Trauma):

11. Integument

Any Problems with Skin (abnormalities or changes):

Hx of Skin Disease:

Nails:

12. Neurological/Mental Status

Changes in Mental Status:

Changes in Cognitive Function:

Changes in Motor Function:

Hx of Seizures, Strokes, etc.

PHYSICAL ASSESSMENT

1. Head and Neck

A. Face

Folds:

Shape:

B. Skull, Scalp and Head

Size:

Symmetry:

Scalp Movement;

C. Hair

Color:

Distribution:

Texture:

D. Temporomandibular Joint

Snapping/clicking:

Pain, crepitus:

Locking, popping:

E. Neck

Appearance of structure:

Masses/Edema:

Webbing/Skinfolds:

Carotid Artery:

F. **Lymph Nodes**

Size:

Shape:

Consistency:

Tenderness:

Mobility:

G. **Thyroid Gland**

Bulging:

Size:

Shape:

Consistency:

Tenderness:

Nodules:

2. **Eye**

A. **External Eye Structure**

Eyebrows:

Eyelids:

Eyelashes:

Eyeballs:

B. **Lacrimal Apparatus**

Punctua:

Lacrimal sac:

C. **Conjunctiva**

Palpebral:

Bulbar:

D. Sclera:

E. Cornea:

Corneal Light Reflex:

F. **Pupils:**

PERLA

Convergence:

Consensual reaction:

G. Ophthalmoscopic Examination:

H. Extraocular Eye Movements:

I. Cover-Uncover Test:

J. Vision:

Far vision:

Near vision:

Color vision:

Visual fields:

3. **Ears, Nose, Throat**

A. **Ears**

External pinna: Canals:

Otoscopic exam:

Weber Test:

Rinne Test:

B. **Nose**

External nose:

Patency of nostrils:

C. **Mouth and Pharynx**

Lips: Gums:

Buccal mucosa: Tongue:

Tonsils: Uvula:

Teeth:

4. **Chest and Lungs**

Respirations - rate, rhythm, depth, use of accessory muscles:

Thoracic configuration:

Symmetrical chest movements:

Cyanosis - circumoral, nail beds (spooning, clubbing):

Breath sounds:

Adventitious breath sounds:

Liver edge:

Spleen edge:

Rebound Tenderness:

7. **Genitourinary**

A. **Pubic Hair Distribution**

Male:

Female:

B. **Bladder**

Tympanic sound:

Tenderness:

C. **Male Genitalia**

Groin Area (Masses)

D. **Penis**

Appearance of external structure:

E. **Scrotum**

Appearance:

Palpation:

F. **Female Genitalia**

Appearance of external structure:

G. **Breast (Male/Female)**

Size:

Symmetry:

Contour:

Skin Color:

Nodules:

Puckering or Dimpling:

Inversion/Discharge:

Axillary Lymph Nodes:

8. **Integument**

A. **Skin**

Color and pigmentation:

Temperature:

Turgor:

Lesions:

Rashes:

B. **Nails**

Shape & configuration:

Color:

9. **Musculoskeletal**

Crepitation:

Gait:

Spinal Curvature:

Posture:

ROM:

Muscle Strength (general) 0-5:

Deformities:

Ambulatory Aids:

10. **Neurological Exam**

A. **Mental Status Assessment (May use Glasgow Coma Scale):**

Level of Consciousness:

Orientation to person, place, time:

Thought Processes:

Abstract thinking:

Problem solving:

memory (immediate, recent, distant):

Judgement:

Communication:

Receptive aphasia:

Expressive aphasia:

Non-verbal communication:

B. Cranial Nerve Assessment

CN I:

CN II:

CN III:

CN IV & VI:

CN V:

CN VII:

CN VIII:

CN IX & X:

CN XI:

CN XII:

C. Motor Function and Reflexes

Motor Functions:

Gross motor and balance:

fine motor: lower extremities:

fine motor: upper extremities:

reflexes:

biceps:

patellar:

achilles:

plantar (Babinski):

abdominal:

D. **Sensory Function:**

light touch:

vibration:

kinesthesia/position:

deep pain (if applicable):

Tactile Discrimination:

stereognosis:

graphesthesia:

two point discrimination: