



**CENTRE** FOR  
**NURSING**  
**STUDIES**

OPERATED BY EASTERN HEALTH

## **CONTINUING NURSING STUDIES**

***Health Assessment Course***

***Clinical Paper***

## PART I - HEALTH HISTORY

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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:



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



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. **Eyes, 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:

5. **Heart and Blood Vessels**

B/P - Lying Rt. Lt.  
Standing Rt. Lt.  
Sitting Rt. Lt.

Bilateral arterial pulses: (present/absent)

temporal radial posterior tibial

brachial femoral dorsalis pedis

carotid popliteal

Apical Pulse: rate rhythm strength

Pulse Deficit

PMI

Capillary refill

Edema: location: amount (+1 - + 4)

quality (pitting, non-pitting)

S1 (location)

S2 (location)

6. **Abdomen**

Skin condition:

Shape:

Symmetry:

Rigidity:

Scars:

Bowel Sounds: URQ: ULQ:

LRQ: LLQ:

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:

Discrimination:

Deep pain (if applicable):

Vibration:

Kinesthetic sensation:

Sensory Association

stereogenesis:

topognosia:

graphognosis:

Two point discrimination: