

## Intro to Patient Assessment:



## Worksheet: Patient Assessment

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- What is Patient Assessment?
  - Process to learn about a patient's condition
  - Involves history-taking paired with a physical exam
  - Used by a variety of medical professionals (physicians, nurses, EMTs)
- Why is Patient Assessment Important?
  - Provides insight into a patient's physical and mental status
  - Important for crafting a treatment plan to address patients' needs
  - Vital in emergency situations to appropriately care for patient

## History Taking:

- History taking follows a rigid order to ensure patients' receive appropriate care
- Order of History Taking:
  - 1. Chief Complaint
  - 2. History of present illness
  - 3. Past medical history
  - 4. Medications
  - 5. Allergies
  - 6. Family history
  - 7. Social history
  - 8. Review of systems
- Chief Complaint (CC)
  - Concise statement describing the symptom, problem, diagnosis, or other reason for the patient encounter
  - Stated in a patient's own words
- History of Present Illness (HPI)
  - Chronological description of the development of the patient's present illness
- SOCRATES is a common acronym used to gather information about the patient's chief complaint
  - Site
  - Onset
  - Character
  - Radiation
  - Associations
  - Time course
  - Exacerbating / relieving factors
  - Severity
- Other common acronyms include OPQRST & SAMPLE
- HPI is followed by past medical history, a list of medications and/or allergies, family and social history, and concludes with a review of systems
- Important to also provide patient time to ask questions

## Physical Assessment:

- Four techniques in sequence: inspection, palpation, percussion, and auscultation
- Inspection
  - Inspect each body system using vision, smell, and hearing to evaluate normal conditions and deviations
  - Assess for color, size, location, movement, texture, symmetry, odors, and sounds
- Palpation
  - Touch the patient with different parts of your hands, using varying degrees of pressure
- Percussion
  - Tapping fingers or hands quickly and sharply against parts of the patient's body
  - Locate organ borders, identify organ shape and position, and determine if an organ is solid or filled with fluid
- Auscultation
  - Listening for various lung, heart, and bowel sounds with a stethoscope