

## PHYSICAL ASSESSMENT FOR NURSES: THE BASICS

**Instructor:** Jean Davison or JoAn Stanek

**Length:** 13 hours (2 days)

**Program Description:** Nurses in this program will expand upon their current knowledge and skills in order to more comfortably perform a basic physical assessment of the adult. Using a workshop format, participants will briefly review basic anatomy and physiology, observe and participate in a demonstration of physical examination techniques and then practice those techniques. Common health deviations will be reviewed. Participants will need to wear appropriate clothing (sports bra, tank top, loose fitting shorts, etc.) for the physical assessment portion of this class.

**Learning Objectives:** At the end of this program, participants will be able to:

- Describe significant parts of the normal anatomy and physiology (A&P) of skin, ear, nose, throat, head, neck, heart, lungs, abdomen, musculoskeletal and neurological systems.
- Identify and carry out the 6 elements that are a part of an adult's health history.
- Based upon knowledge from anatomy and physiology, identify the techniques that are a part of an adult's health assessment.
- Accurately perform those techniques to fully assess the skin, ears, eyes, nose, throat, head, neck, heart, lungs, and abdomen.
- Carry out screening examinations of the musculoskeletal and neurological systems.
- Distinguish between normal and common abnormal findings

**Audience:**

RNs