

SKIN ASSESSMENT

A comprehensive skin assessment is an integral part of a complete physical examination. It can be used to evaluate your patient's overall health, including their nutritional status, and monitor for changes that could indicate an emerging problem.

A COMPREHENSIVE SKIN ASSESSMENT SHOULD INCLUDE THE FOLLOWING

1

SKIN TEMPERATURE

The temperature of the patient's skin can reveal information about their overall health. A low body temperature may indicate a nutritional deficiency or severe illness. A high body temperature may indicate an infection or inflammation.

Most clinicians use the back rather than the palm of their hand to assess the temperature of a patient's skin.

SKIN TEXTURE

The texture of the patient's skin can be used for assessing their nutritional status as well as for identifying any changes that could indicate an underlying problem. Healthy skin has a smooth, even texture with no rough spots or signs of flaking or scaling.

2

3

SKIN COLOR

A healthy patient will have normal color and tone, but if you notice any changes in the patient's skin color, it may indicate an underlying medical condition. For example, jaundice indicates liver disease, while pale skin could signify anemia or leukemia.

Use an additional light source such as a penlight to illuminate hard to see skin areas such as the heels or sacrum.

SKIN MOISTURE

Check for dryness on your patient's skin by gently pressing your fingers against their back or arm to see how easily they leave impressions behind as they move away from your touch; this test can be used to determine whether there are issues with hydration or even dehydration (which can occur if someone has been vomiting or having diarrhea).

4

Look for water droplets on the skin. Is the skin clammy?

5

SKIN TURGOR

This test involves gently pinching up an area of the patient's skin and then releasing it to see how quickly it springs back into place. If the skin stays up for more than 2 seconds, this can indicate dehydration.

CAPILLARY REFILL TIME

This test involves pressing on the patient's fingernail bed and then quickly releasing it to see how long it takes for the color in their nail bed to return. If this process takes longer than 2 seconds, this can indicate dehydration or poor circulation in general.

6

Skin Assessment Documentation Samples

Rachel S Tattersall



Skin Assessment Documentation Samples:

The book delves into Skin Assessment Documentation Samples. Skin Assessment Documentation Samples is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Skin Assessment Documentation Samples, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Skin Assessment Documentation Samples
 - Chapter 2: Essential Elements of Skin Assessment Documentation Samples
 - Chapter 3: Skin Assessment Documentation Samples in Everyday Life
 - Chapter 4: Skin Assessment Documentation Samples in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Skin Assessment Documentation Samples. The first chapter will explore what Skin Assessment Documentation Samples is, why Skin Assessment Documentation Samples is vital, and how to effectively learn about Skin Assessment Documentation Samples.
 3. In chapter 2, the author will delve into the foundational concepts of Skin Assessment Documentation Samples. The second chapter will elucidate the essential principles that need to be understood to grasp Skin Assessment Documentation Samples in its entirety.
 4. In chapter 3, the author will examine the practical applications of Skin Assessment Documentation Samples in daily life. This chapter will showcase real-world examples of how Skin Assessment Documentation Samples can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Skin Assessment Documentation Samples in specific contexts. The fourth chapter will explore how Skin Assessment Documentation Samples is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Skin Assessment Documentation Samples. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Skin Assessment Documentation Samples.

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