

Sequence to conduct Physical Assessment

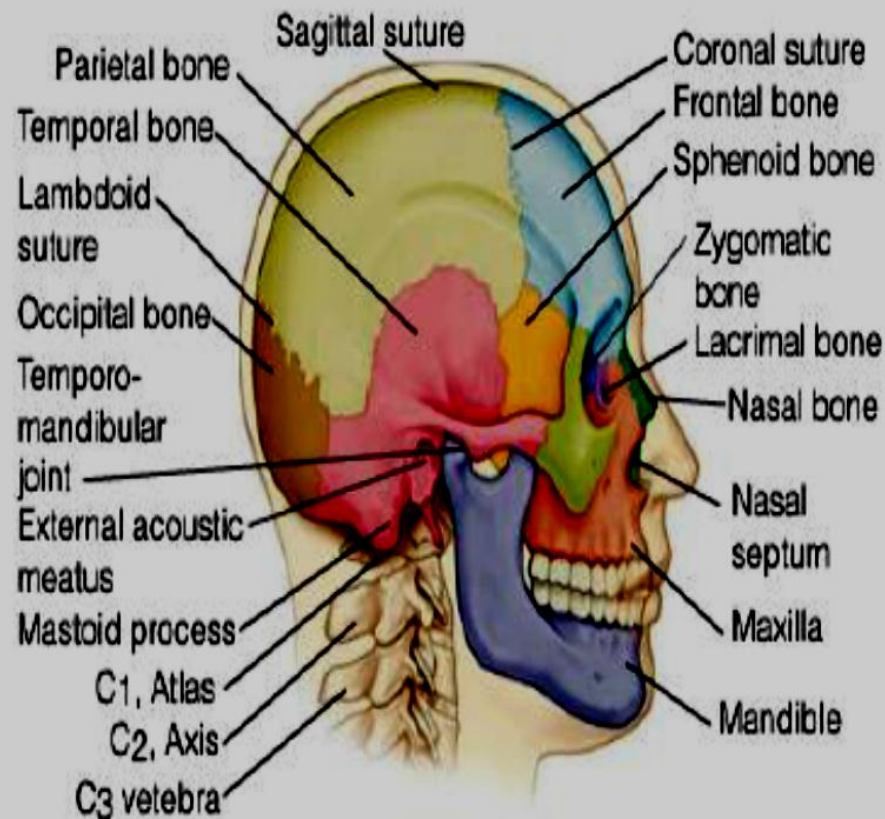
3. The Head

3.1 Skull and Face:

- The skull can be of variable size and shape according to the client's age and body build.
- The skull is made up of many bones, namely: frontal, parietal, occipital, mastoid process, mandible, maxilla, and zygomatic.
- Many disorders cause a change in facial shape or condition. For example, kidney or heart disease can cause edema of the eyelids, hyperthyroidism can cause a protrusion of the eyeballs (exophthalmos), and increased adrenal hormone production can cause a round face (moon face)

3. The Head

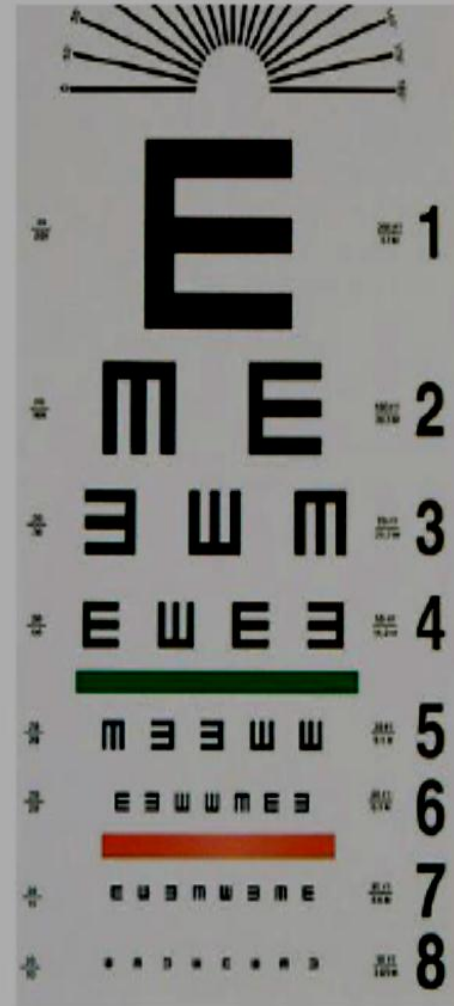
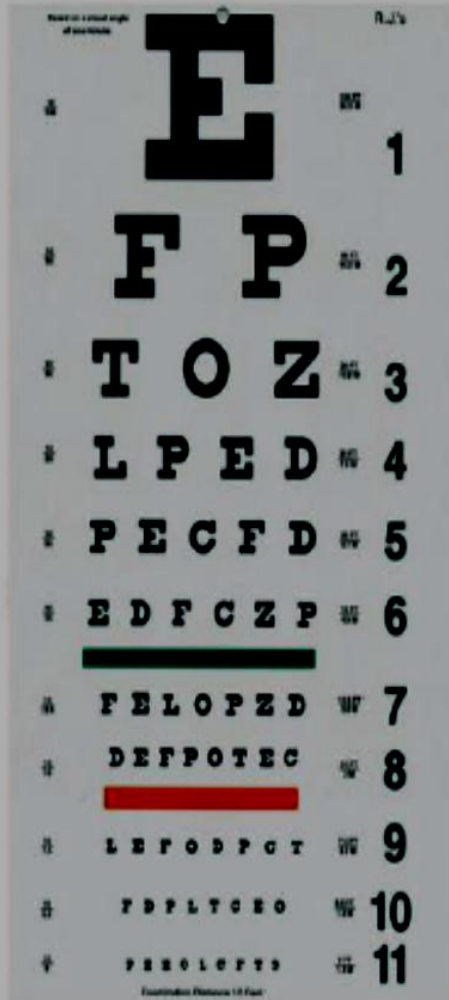
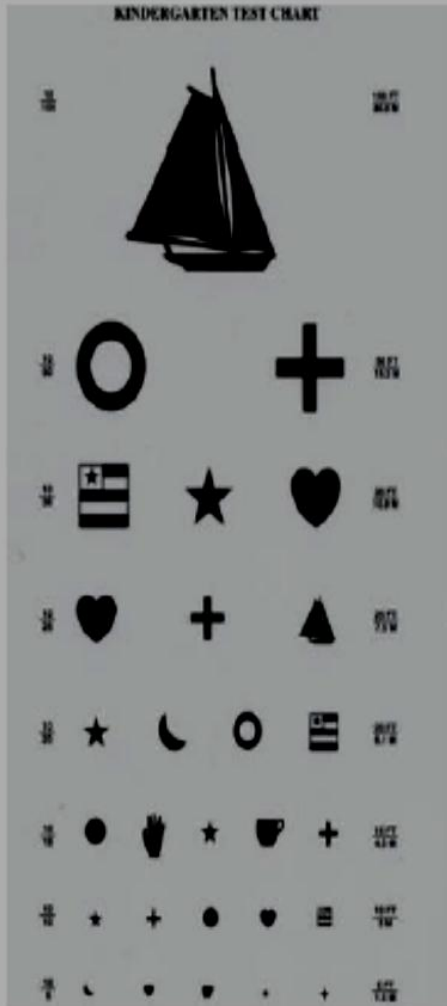
3.1 Skull and Face:



3.2 Eyes and Vision:

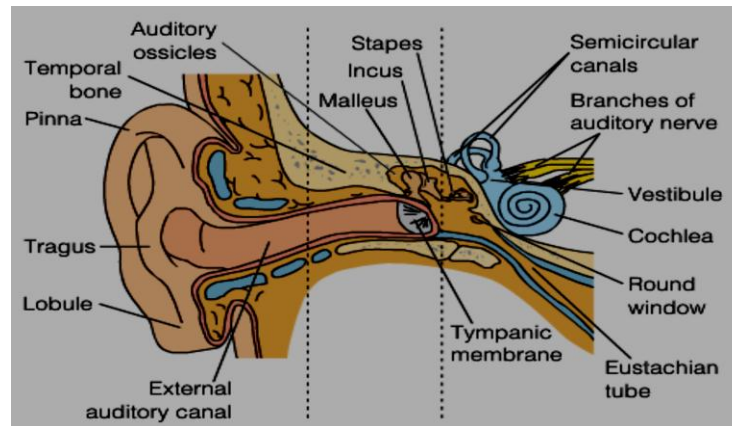
- An eye assessment should be carried out as part of the client's initial physical examination;
- periodic reassessments need to be made for clients in long-term care.
- The nurse should start an eye assessment by examining the external structures and ocular movement.
- Then examination of the visual acuity (the degree of detail the eye can determine in an image) and visual fields (the area an individual can see when looking straight ahead).

3.2 Eyes and Vision:



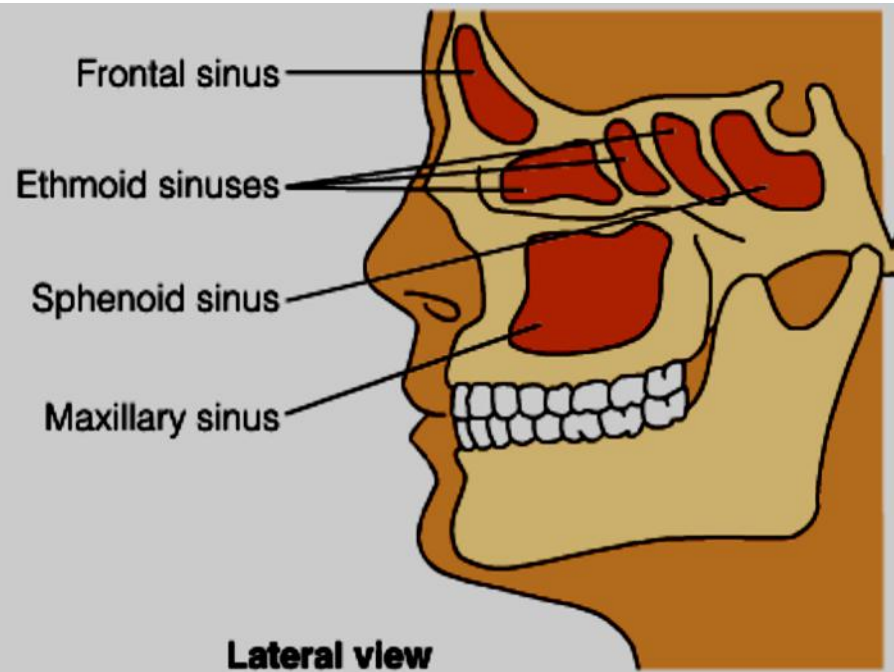
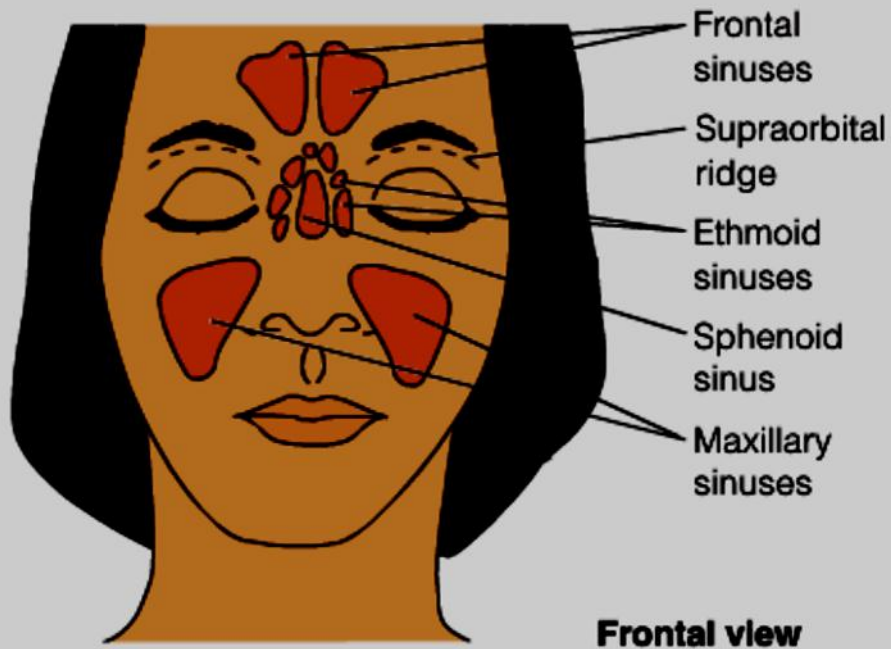
3.3 Ears and Hearing:

- Assessment of the ear includes direct inspection and palpation of the external ear, inspection of the remaining parts of the ear by an otoscope, and determination of auditory acuity.
- The ear is usually assessed during an initial physical examination; periodic reassessments may be necessary for long-term clients or those with hearing problems.
- The ear is divided into three parts: external ear, middle ear, and inner ear.



• **3.4 Nose and Sinuses:**

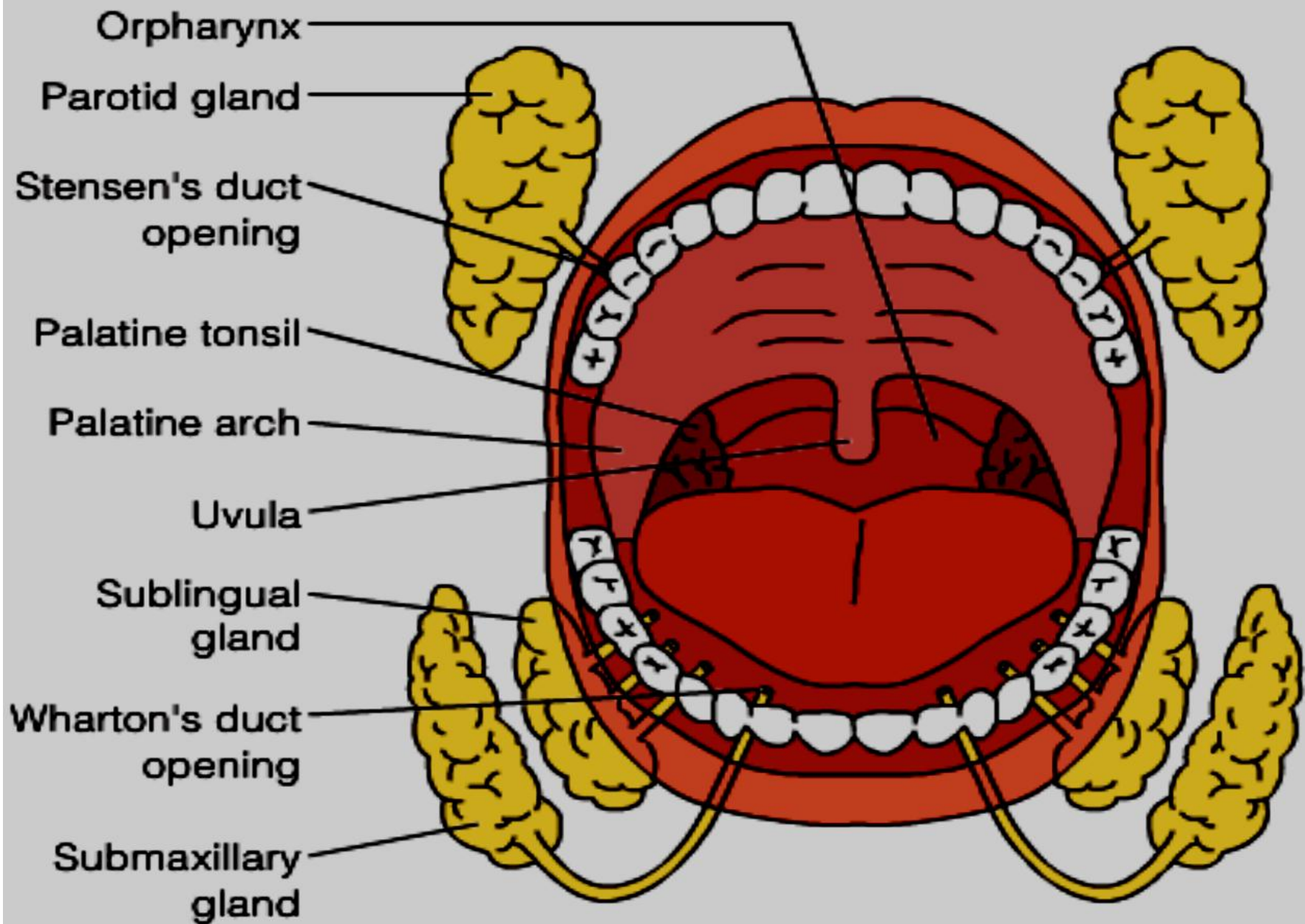
- A nurse can inspect the nasal passages very simply with a flashlight or a penlight. However, in specialist environments such as an ear, nose, and throat facility, a nasal speculum can be used to assess the nasal cavity.
- Assessment of the nose includes inspection and palpation of the external nose; patency of the nasal cavities; and inspection and palpation of the facial sinuses.



3.5 Mouth and Oropharynx:

- The mouth and oropharynx are composed of a number of structures: lips, inner and buccal mucosa, the tongue and floor of the mouth, teeth and gums, hard and soft palate, uvula, salivary glands, tonsillar pillars, and tonsils.

- The nurse inspects and palpates the client's mouth and oropharynx using a penlight. However, detailed assessment is usually performed by an expert such as the dentist.



3. The Neck

- Examination of the neck includes the muscles, lymph nodes, trachea, thyroid gland, carotid arteries, and jugular veins.
- Areas of the neck are defined by the sternocleidomastoid muscles, which divide each side of the neck into two triangles: the anterior and posterior.

