

# Health assessment

## The Interview



# The first assessment begin in (1992) by American medical association

- In (1995) health assessment considered as basic human right.
- Preventive health care divided in three categories, primary, secondary and tertiary prevention. Each level of prevention is based on a thorough assessment of the client's health as status.
- Periodic health assessment needed to be performed by a physician, or a nurse .



# Objectives of health assessment

- **Surveillance of health status, identification of occult disease, screening, and follow-up care**
- **The periodic assessment, at regular intervals**
- **Increasing client participation in health care**
- **Accurately define the health and risk care needs for individuals**
- **Health assessment is shared with the client in a clearly and understandable manner**
- **The client must share in decision making for his own care.**



# Types of Assessment

- **Comprehensive assessment:** is usually the initial assessment it very thorough and includes detailed health history and physical examination and examine the client's overall health status
- **Focused assessment :** is problem oriented and may be the initial assessment or an ongoing assessment



# Frequency of assessment

- **The persons under (35) years every (4 – 5) years**
- **The persons from (35 – 45) every (2 – 3) years.**
- **Persons from (45-55) years of age undergo a thorough health assessment every year.**
- **Persons over (55) years may needs assessment every 6 months or less**



# **Importance of nursing health assessment**

- 1. Systematic and continuous collection of client data**
- 2. It focus on client responses to health problems**
- 3. The nurse carefully examine the client's body parts to determine any abnormalities**
- 4. The nurse relies on data from different sources which can indicate significant clinical problems**
- 5. Health assessment provides a base line used to plan the clients care**



- 6. Health assessment helps the nurse to diagnose client's problem & the intervention.**
- 7. Complete health assessment involves a more detailed review of client's condition.**
- 8. Health assessment influence the choice of therapies & client's responses.**

