

Health Assessment

Holistic approach:

1. The interview
2. Psychosocial assessment
3. Nutritional assessment
4. Assessment of sleep-wakefulness patterns
5. The health history.



1. Interview

- Definition: communication process focuses on the client's development of psychological, physiological, sociocultural, and spiritual responses, that can be treated with nursing & collaborative interventions



Major purpose:

- To obtain health history and to elicit symptoms and the time course of their development. The interview conducted before physical examination is done.

Components of nursing interview

1. Introductory phase
2. Working phase
3. Termination phase



1. Introductory phase:

- Introduce yourself and explain the purpose of the interview to the client.
- Before asking questions, let the client feel
Comfort, Privacy and Confidentiality



Working phase:

The nurse must listen and observe cues in addition to using critical thinking skills to validate information received from the client. The nurse identify client's problems and goals.

Termination phase:

- 1.The nurse summarizes information obtained during the working phase
2. Validates problems and goals with the client.
- 3.Making plans to resolve the problems (nursing diagnosis and collaborative problems are identified and discussed with the client)



2. Types of statements to be use:

- ✓ Repeat your perception of client's response to clarify information and encourage verbalization

3. Accept the client silence to recognize thoughts

4. Avoid some communication styles e.g.

- ✓ Excessive or not enough eye contact.
- ✓ Doing other things during getting history.
- ✓ Biased or leading questions e.g. "you don't feel bad"
- ✓ Relying on memory to recall information



5. Specific age variations :-

- ✓ Pediatric clients: validate information from parents.
- ✓ Geriatric clients: use simple words and assess hearing acuity

6. Emotional variations:

- ✓ Be calm with angry clients and simply with anxious and express interest with depressed client
- ✓ Sensitive issues "e.g. sexuality, dying, spirituality" you must be aware of your own thought regarding these things.



7. Cultural variations:

- ✓ Be aware of possible cultural variations in the communication styles of self and clients

8. Use culture broker:

- ✓ Use culture broker as middleman if your client not speak your language.
- ✓ Use pictures for non reading clients.

