## 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 sl-

#### 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.



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

#### 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).



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

#### 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.



## **Skin Assessment Documentation**

**Abha Agrawal** 

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Nursing Care Plans & Documentation Lynda Juall Carpenito-Moyet, 2009 The Fifth Edition of Nursing Care Plans and Documentation provides nurses with a comprehensive guide to creating care plans and effectively documenting care This user friendly resource presents the most likely diagnoses and collaborative problems with step by step guidance on nursing action and rationales for interventions New chapters cover moral distress in nursing improving hospitalized patient outcomes and nursing diagnosis risk for compromised human dignity. The book includes over 70 care plans that translate theory into clinical practice Online Tutoring powered by Smarthinking Free online tutoring powered by Smarthinking gives students access to expert nursing and allied health science educators whose mission like yours is to achieve success Students can access live tutoring support critiques of written work and other valuable tools Complete Guide to Documentation Lippincott Williams & Wilkins, 2008 Thoroughly updated for its Second Edition this comprehensive reference provides clear practical quidelines on documenting patient care in all nursing practice settings the leading clinical specialties and current documentation systems This edition features greatly expanded coverage of computerized charting and electronic medical records EMRs complete guidelines for documenting ICAHO safety goals and new information on charting pain management Hundreds of filled in sample forms show specific content and wording Icons highlight tips and timesavers critical case law and legal safeguards and advice for special situations Appendices include NANDA taxonomy JCAHO documentation standards and documenting outcomes and interventions for key nursing diagnoses **Documentation**, 2007 This full color handbook is a guick reference guide to all aspects of documentation for every nursing care situation. It covers current documentation systems and formats including computerized documentation and features scores of sample filled in forms and in text narrative notes illustrating everything from everyday occurrences to emergency situations Coverage includes timesaving strategies for admission to discharge documentation in acute outpatient rehabilitation long term and home care environments and special documentation practices for selected clinical specialties critical care emergency perioperative maternal neonatal and psychiatric The book includes advice on legal safeguards dangerous abbreviations and compliance with HIPAA guidelines and JCAHO requirements Documentation in Action Lippincott Williams & Wilkins, 2006 Designed for rapid on the job reference Documentation in Action offers comprehensive authoritative practice oriented up to the minute guidelines for documenting every situation in every nursing practice setting and important nursing specialties Need to know information is presented in bulleted lists charts flow sheets sidebars and boxes with icons and illustrative filled in samples Coverage includes documentation for care of patients with various diseases complications emergencies complex procedures and difficulties involving patients families and other health care professionals Suggestions are given for avoiding legal pitfalls involving telephone orders medication reactions patients who refuse care and much more A section addresses computerized documentation HIPAA confidentiality rules use of PDAs nursing informatics and electronic innovations that will soon be

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safety many medical professionals are not a part of this important conversation Clinicians often believe they are too busy taking care of patients to adopt and implement patient safety initiatives and that acknowledging medical errors is an affront to their skills Patient Safety provides clinicians with a better understanding of the prevalence causes and solutions for medical errors bringing best practice principles to the bedside Written by experts from a variety of backgrounds each chapter features an analysis of clinical cases based on the Root Cause Analysis RCA methodology along with case based discussions on various patient safety topics The systems and processes outlined in the book are general and broadly applicable to institutions of all sizes and structures The core ethic of medical professionals is to do no harm Patient Safety is a comprehensive resource for physicians nurses and students as well as healthcare leaders and administrators for identifying solving and preventing medical error Lasers and Energy Devices for the Skin Mitchel P. Goldman, Richard E. Fitzpatrick, E. Victor Ross, Suzanne L. Kilmer, Robert A. Weiss, 2013-05-21 Rapid technical developments with lasers and other energy devices have continued over recent years both in the different types of devices available and in what can be used for cosmetic and other treatments including scar and tattoo removal hair removal cellulite and lipolysis In the second edition of Lasers and Energy Devices for the Skin the top practitioners in the field have pooled their expertise to offer a broad and balanced perspective Updated to encompass the latest refinements in the field this volume Explores the latest techniques in laser hair removal and scar removal Reviews advances in antiaging techniques for the skin of the face Covers the use of photodynamic therapy for skin tumors psoriasis localized scleroderma viral warts onichimycosis and more Reviews currently available and novel approaches for noninvasive and intended selective destruction of fat Highlights the risks of pigmentary alterations and scarring following procedures on Asian skin Covers advances in liposuction brought about by the advent of tumescent anesthesia The book also discusses pain management during laser surgery and laser treatments and includes coverage of the importance of complying with safety standards potential unsafe practices and potential medicolegal problems Providing the understanding needed to develop creative ways to use light based technologies the book gives readers easy access to practical treatment parameters ICF-Based assessment and documentation of functioning and disability Michaela Coenen, Thomas Maribo, Soraya Maart, 2023-03-15 Peate's Body Systems, The Complete 12 Volume Set Ian Peate, 2025-03-07 A series of concise illustrated and accessible guides to the human body systems the perfect companion for students and newly registered practitioners across nursing and allied health fields Each of the twelve volumes in Peate's Body Systems series is rooted in the belief that a deep and thorough understanding of the human body is essential for providing the highest standard of care Offering clear accessible and up to date information on different body systems this series bridges the gap between complex scientific concepts and practical everyday applications in health and care settings This series makes for an invaluable resource for those committed to understanding the intricacies of human biology physiology and the various systems that sustain life Series includes The Cardiovascular System ISBN 9781394252350 The

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