Advanced Health Assessment and Differential Diagnosis
Essentials for Clinical Practice

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Expert Consultant

The first advanced assessment textbook to target the scope of practice for both advanced practice nurses and physician assistants.

With a focus on promoting sound clinical decision-making and a streamlined and highly accessible approach, this text delivers up-to-date primary care health assessment techniques for individuals throughout the life span.

Each chapter offers a concise overview of anatomy and physiology; an in-depth review of normal, focused, and holistic assessment; and comprehensive coverage of special populations, including patients with disabilities; pediatric, pregnant, and elderly patients; and transgender and veteran populations. Chapters include differential diagnosis tables, illustrations, images, and case studies. A robust ancillary package includes an Instructor Manual with chapters summaries, case studies, and discussion questions; test bank; image bank; and PowerPoint slides.

www.springerpub.com/3P
December 2019 | 9780826162496
512 pp | Paperback
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“Our hope is that this resource proves to be a valuable resource for students, instructors, and all practicing healthcare practitioners.”

Streamlined approach meets the needs of busy students and professionals  
Provides up-to-date assessment techniques for individuals throughout the life span  
Fosters development of critical-thinking and clinical decision-making skills
Advanced Health Assessment of the Musculoskeletal System

With this information taken into consideration, you will have the ability to appropriately assess the musculoskeletal system of the patient. Assess the potential for risk of falls, balance issues, muscle weakness, secondary conditions such as sequelae from poorly fitting prosthetic devices, decreased ability to exercise, and pressure ulcers. Understand what accommodations the patient has in place in the home and in his or her work or active life.

VETERAN POPULATION

A detailed history of your patient’s military experience, including deployments and service, should be obtained. Pay particular attention to locations that have exposure to known toxic chemicals or hazardous materials, and any vibratory or traumatic injuries that may have been sustained. Depending upon the job title and experience, assess the likelihood of risk and risk level of exposure to certain repetitive activities or chemical agents. For example, do you have a veteran whose job was repetitive jumping (out of helicopters), or were other repetitive activities part of his or her job? The physical assessment of the veteran should include evaluating for diseases and conditions related to the potential exposure of conditions or agents that may cause cancer, arthritis, or long-term disability. Ask the veteran about his or her perceived health and needs. Be particularly aware of inquiring about injuries and chronic pain, as well as substance abuse and mental health.

ELITE ATHLETE POPULATION

The elite athlete is considered to be one who has competed at a varsity, professional, international, or national level. This level of athlete would be at risk for overuse injuries and would also have unique return to play criteria.

Differential Reasoning

<table>
<thead>
<tr>
<th>Common Differential Diagnoses: General Musculoskeletal System</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diagnosis</strong></td>
</tr>
<tr>
<td>Dislocation</td>
</tr>
<tr>
<td>Osteoarthritis</td>
</tr>
<tr>
<td>Recurvatum deformity</td>
</tr>
<tr>
<td>Subluxation</td>
</tr>
<tr>
<td>Valgus deformity</td>
</tr>
<tr>
<td>Varus deformity</td>
</tr>
</tbody>
</table>

FIGURE 12.22 Vertebral anatomy.
BONUS FEATURES

This text is accompanied by an Instructor’s Manual and comprehensive bonus resources, including:

- Case Studies
- Discussion Questions
- Chapter Summaries
- Chapter PowerPoint Slides
- Test Bank
- Image Bank

SCREENING HEALTH ASSESSMENT AND NORMAL FINDINGS OF THE MUSCULOSKELETAL SYSTEM

• ASSESSMENT OF THE FOOT AND ANKLE
  • Inspection
    • Look for bony deformities, symmetry, or swelling.
  • Palpation
    • Palpate for areas of tenderness. Note landmarks and correlate the clinical findings with the underlying anatomy.
  • Muscle Strength Testing (Figures 12.86–12.88)

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9780826195463 | September 2020

Delivers the critical information clinicians need to be thoroughly informed prescribers.

This unique resource—an evidence-based pharmacology text and reference for advanced practice students and clinicians—guides users in analyzing the pharmacological foundations of drug therapy and fosters the development of sound clinical judgment in determining the appropriate medication for every patient across the life span.