

Evidence-Based Physical Examination

Best Practices for Health and Well-Being Assessment

Kate Sustersic Gawlik DNP, APRN-CNP, FAANP

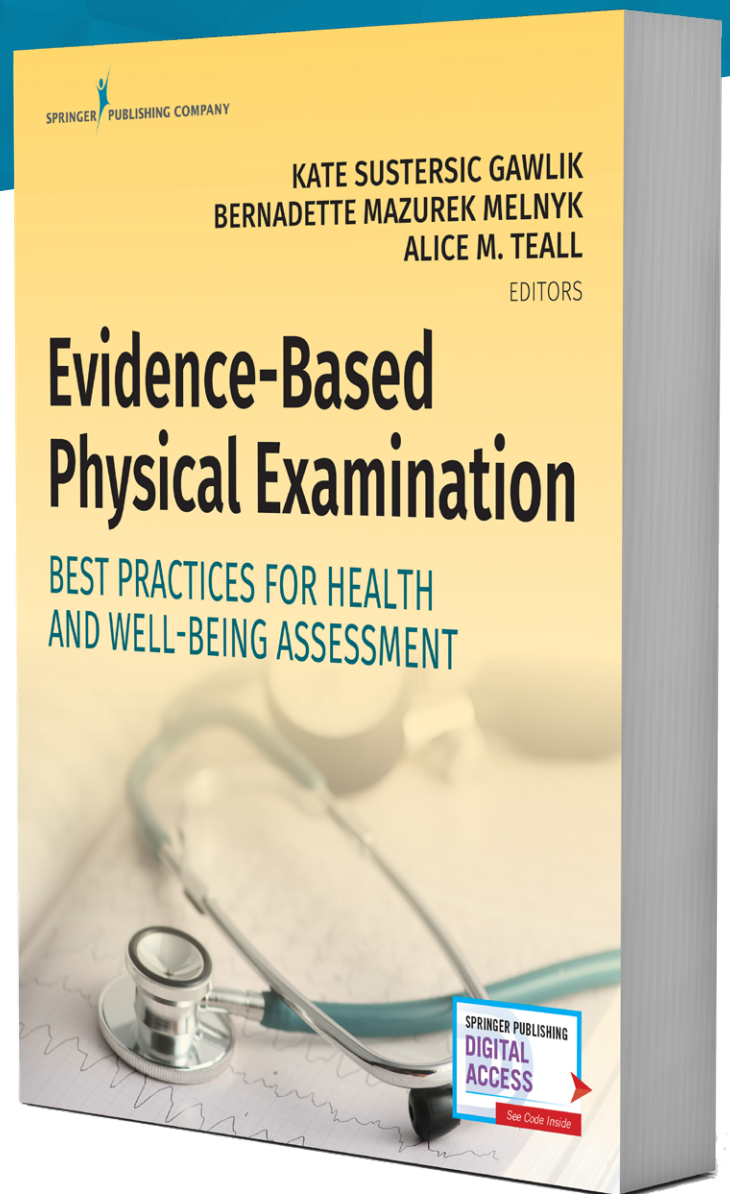
Bernadette Mazurek Melnyk PhD, APRN-CNP, FAANP, FNAP, FAAN

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The first book to teach physical assessment techniques based on evidence and clinical relevance

Grounded in an empirical approach to history-taking and physical assessment techniques, this text for health care clinicians and students focuses on patient well-being and health promotion.

Evidence-Based Physical Examination: Best Practices for Health and Well-Being Assessment is based on an analysis of current evidence and up-to-date guidelines and recommendations, underscoring the evidence, acceptability, and clinical relevance behind physical assessment techniques.



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January 2020 | 9780826164537

712 pp | Paperback

MEET THE EDITORS



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*Our goal is to provide the **strategies** and **best practices** needed by clinicians to **assess** an individual's **health and well-being**.*

Helps students
strengthen
diagnostic
accuracy

Provides
instructors with
ample resources
to support their
course

Offers tools to
address complex
conditions, acuity,
and resilience

We hope you enjoy using this book as much as we enjoyed creating it.

ENHANCED LEARNING FEATURES

Countless tables, illustrations, images, and videos demonstrate history-taking and assessment techniques

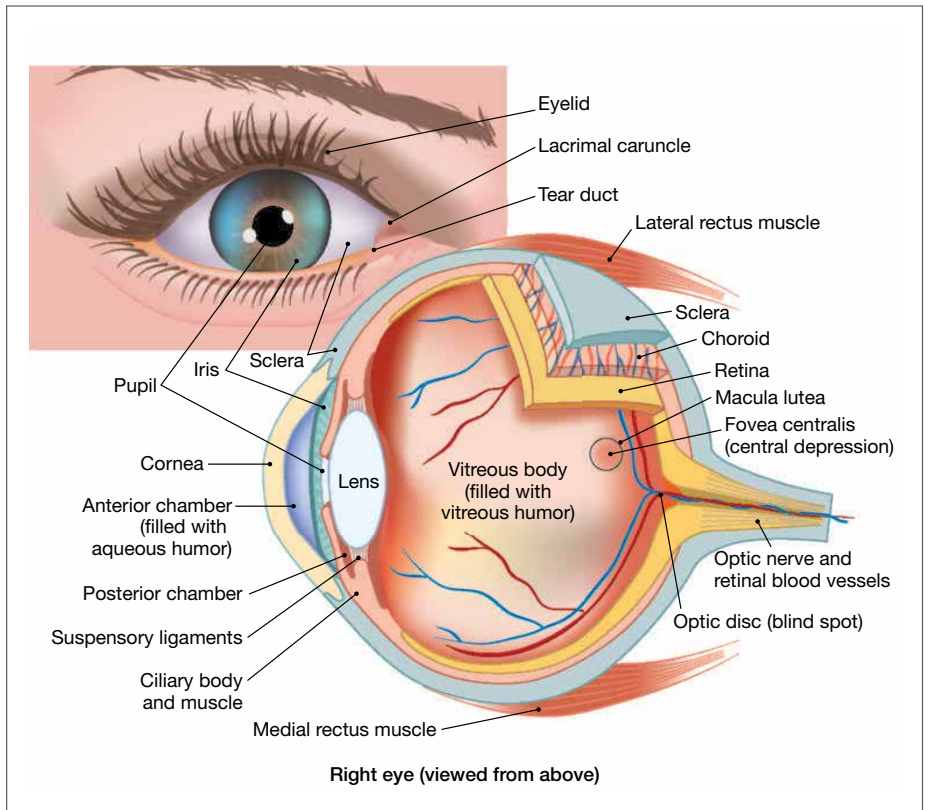




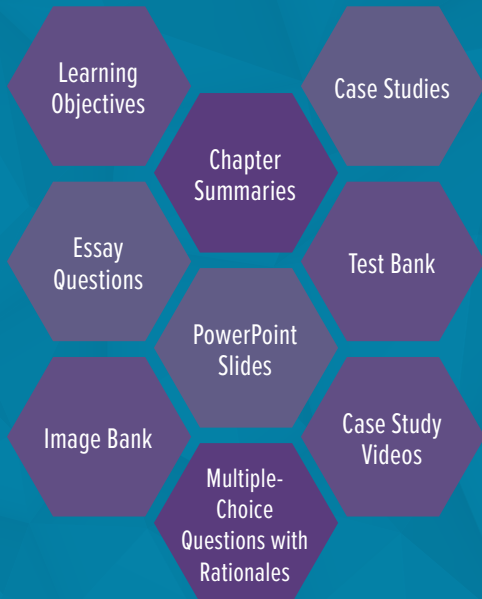
TABLE 9.1 Primary Skin Lesions

Lesion	Description	Examples	Visual With Diagnosis
Macule	<ul style="list-style-type: none"> • Flat, nonpalpable • Smaller than 1 cm 	<ul style="list-style-type: none"> • Freckles • Flat moles (nevi) • Measles • Petechiae 	<p>Leukocytoclastic Vasculitis</p> 
Patch	<ul style="list-style-type: none"> • Flat, nonpalpable • Larger than 1 cm 	<ul style="list-style-type: none"> • Vitiligo • Mongolian spots • Port-wine stains • Chloasma • Café au lait patch 	<p>Tinea Versicolor</p> 

Case Studies, Clinical Pearls, & Key Takeaways Aid Retention

BONUS FEATURES

This text is accompanied by an **Instructor's Manual** and comprehensive bonus resources including:



CASE STUDY: Eye Pain and Swelling

History
 J.P. is an otherwise healthy 28-year-old male who presents to the clinic with recent onset of left eye pain and swelling that has worsened over the past 2 days. He first noticed his symptoms when he returned from a camping trip 3 days ago. He is now unable to open his eye. He reports eye watering with crusting and matting of the lashes this morning. He denies fevers, nausea, vomiting, headaches, or recent history of head trauma. He has washed his eye several times and has been using cool compresses. He reports having had a recent upper respiratory tract infection approximately 1 week ago, but denies wearing glasses or contact lenses.

- Left eye: Significant periorbital swelling and erythema. Small amount of mucoid exudate at the inner canthus. Unable to independently open eye. Tender to touch. Minimal eye opening with manual traction. Hyperemic sclera. Pupil round and reactive. Unable to obtain full EOM assessment.

Differential Diagnoses
 Acute conjunctivitis (bacterial, viral, or fungal), keratoconjunctivitis, periorbital cellulitis, orbital cellulitis, and corneal abrasion with retention of foreign body

Laboratory and Imaging
 CT of the orbit revealed no evidence of sinus infection or orbital involvement.

Final Diagnosis
 Periorbital (preseptal) cellulitis.

Physical Examination

- On exam, J.P. is alert and in no acute distress. His temperature is 100.4°F. Heart rate is 100 and blood pressure is 120/70.
- Right eye: No lid swelling, conjunctival injection, or exudate. Red reflex intact, pupil is 3 mm, round, and reactive. EOMS intact.

Visit springerpub.com/MORE3P for a sample case study video!

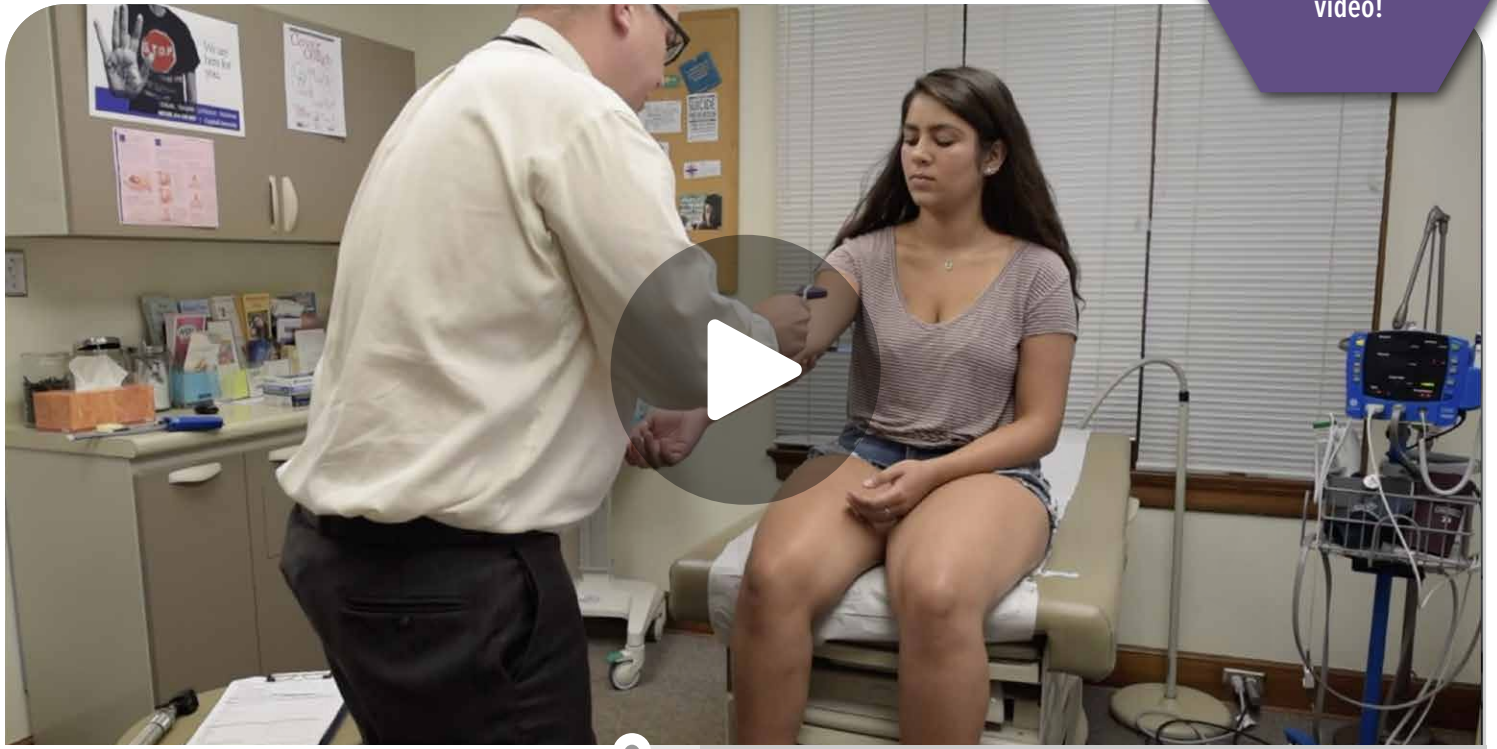


TABLE OF CONTENTS

Part I: Foundations of Clinical Practice

Chapter 1: Approach to Evidence-Based Assessment of Health and Well-Being

Chapter 2: Evidence-Based History-Taking Approach for Wellness Exams, Episodic Visits, and Chronic Care Management

Chapter 3: Approach to Implementing and Documenting Patient-Centered, Culturally Sensitive Evidence-Based Assessment

Chapter 4: Evidence-Based Assessment of Children and Adolescents

Chapter 5: Approach to the Physical Examination: General Survey and Assessment of Vital Signs

Part II: Evidence-Based Physical Examination and Assessment of Body Systems

Chapter 6: Evidence-Based Assessment of the Heart and Circulatory System

Chapter 7: Evidence-Based Assessment of the Lungs and Respiratory System

Chapter 8: Approach to Evidence-Based Assessment of Body Habitus (Height, Weight, Body Mass Index, Nutrition)

Chapter 9: Evidence-Based Assessment of Skin, Hair, and Nails

Chapter 10: Evidence-Based Assessment of the Lymphatic System

Chapter 11: Evidence-Based Assessment of the Head and Neck

Chapter 12: Evidence-Based Assessment of the Eye

Chapter 13: Evidence-Based Assessment of the Ears, Nose, and Throat

Chapter 14: Evidence-Based Assessment of the Nervous System

Chapter 15: Evidence-Based Assessment of the Musculoskeletal System

Chapter 16: Evidence-Based Assessment of the Abdominal, Gastrointestinal, and Urological Systems

Part III: Evidence-Based Physical Examination and Assessment of Sexual and Reproductive Health

Chapter 17: Evidence-Based Assessment of the Breasts and Axillae

Chapter 18: Evidence-Based Assessment of Sexual Orientation, Gender Identity, and Health

Chapter 19: Evidence-Based Assessment of Male Genitalia, Prostate, Rectum, and Anus

Chapter 20: Evidence-Based Assessment of the Female Genitourinary System

Chapter 21: Evidence-Based Obstetric Assessment

Part IV: Evidence-Based Physical Examination and Assessment of Mental Health

Chapter 22: Evidence-Based Assessment of Mental Health

Chapter 23: Evidence-Based Assessment of Substance Use Disorder

Chapter 24: Evidence-Based Assessment and Screening for Traumatic Experiences: Abuse, Neglect, and Intimate Partner Violence

Chapter 25: Evidence-Based Therapeutic Communication and Motivational Interviewing in Health Assessment

Part V: Special Topics in Evidence-Based Assessment

Chapter 26: Evidence-Based History and Physical Examinations for Sports Participation Evaluation

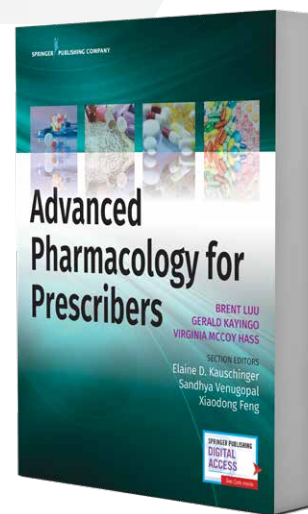
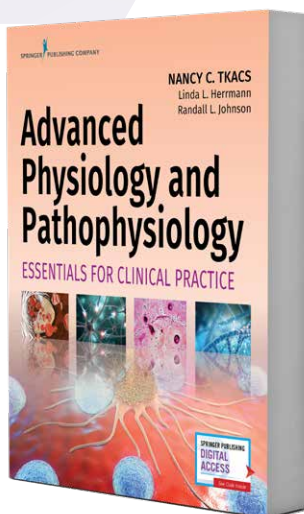
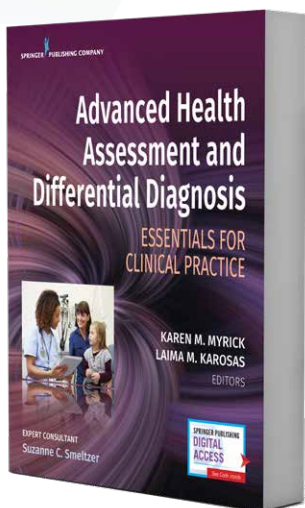
Chapter 27: Using Health Technology in Evidence-Based Assessment

Chapter 28: Evidence-Based Assessment of Personal Health and Well-Being for Clinicians: Key Strategies to Achieve Optimal Wellness

Chapter 29: Evidence-Based Health and Well-Being Assessment: Putting It All Together

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