Physical Assessment for the School Nurse – Part II

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Disclosure

Planner, Presenter, Author Disclosures

Lisa Minor and Cindy Crews
I/we disclose the absence of personal financial relationships with commercial interests relevant to this educational activity within the past 12 months.
Part Two

Things to be covered:
- Abdomen
- Genitourinary
- Musculoskeletal
- Integumentary
Abdomen

- Symmetrical without protrusions
- Children and adolescents should have flat, soft abdomens
- Bowel sounds should be heard in all 4 quadrants every 5-30 seconds
Abdomen
Abdominal Pain

Causes in children:
- Infections- Flu, bacterial infections
- Food Poisoning- gas, bloating, constipation
- Surgical- Appendix
- Medical- Crohn’s, IBS, diabetes
Genitourinary

- Genitalia
- Bladder
- Menstrual
- Perineal Injuries
Genitalia

- Male- Urethral meatus on tip of penis, should be no swelling in testicles, may or may not be circumcised.

- Female- Majora more prominent than minora, no bruising or swelling should be noted
Bladder issues in children

- Bladder infection
- Bed wetting
- Daytime wetting
Menstruation

- Menarche - Typically age 12
- PMS - Usually 3-4 days before period.
- PMS symptoms: anxiety, bloating, irritability, sore breasts, diarrhea or constipation
Perineal Injuries

- Abrasions or trauma to perineal area in either male or females due to injury.
- Straddle injuries most common
Musculoskeletal

• **Subjective Questions:**
  - Location of Pain and injury
  - Involvement in sports/activity
  - History of injuries and treatment

• **Inspect:**
  - Posture, movement, and general body symmetry
  - Gait
  - Skin color
  - Limbs for symmetry
  - Spine for contour

• **Palpate –**
  - Limbs for muscle mass, tone, strength
  - Joints – stable and symmetric with full ROM and smooth movement without crepitus
  - Spine for tenderness

http://www.atitesting.com/ati_next_gen/skillsmodules/content/physical-assessment-child/viewing/Musculoskeletald-a.html
## Muscle Testing

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Full ROM against gravity, full resistance</td>
</tr>
<tr>
<td>4</td>
<td>Full ROM against gravity, some resistance</td>
</tr>
<tr>
<td>3</td>
<td>Full ROM with gravity</td>
</tr>
<tr>
<td>2</td>
<td>Full ROM (passively)</td>
</tr>
<tr>
<td>1</td>
<td>Slight contraction</td>
</tr>
<tr>
<td>0</td>
<td>No contraction</td>
</tr>
</tbody>
</table>
Scoliosis

- Barefoot
- Feet together
- Bend over – “Diving off a Diving Board”
- Check Hips
Musculoskeletal Injuries

- Sprain
- Strain
- Fracture
Fractures

Assess the Five P’s:
1. Pain
2. Pallor
3. Pulse
4. Paresthesia
5. Paralysis
Integumentary

- Subjective:

- Inspect and Palpate
  - Color, hair distribution, and lesions
  - Temperature, texture, and moisture variations
  - Skin turgor, edema, and lesions
  - Nails color, shape, thickness, cap-refill
  - Note location, size, shape, color, exudate and tenderness of lesions
Common Skin Problems

- Eczema
- Contact dermatitis
- Impetigo
- Staphylococci (MRSA)
- Pediculosis (head lice)
- Scabies
- Folliculitis
- Cellulitis
- Verruca (warts)
- Herpes Simplex Virus
- Varicella-zoster (chicken pox)
- Tineas
- Candidiasis
- Acne
- Lacerations
- Contusions
- Bruises
- Bites
- Other Rashes r/t diseases
Common School Health
Focused Assessments

Emergencies and Traumas
• Allergic reactions
• Asthma
• Head injuries
• Musculoskeletal – limb injuries

Frequent Fliers “I just don’t feel good”
• Headaches
• Stomach aches
• coughs, fevers, sore throat
• nose bleeds
• Skin problems – Lice, rashes, lacerations, bumps, and bruises
Chronic Conditions

- Asthma
- Diabetes
- Neuro-seizures
- Sickle Cell Anemia
- Cerebral Palsy
- ADHD
Scenario

Location: School Clinic          Time: 12:45 pm
Student Name: Jacob Allen Sands ‘Jake’
Gender: Male
Age: 7                      DOB: 6/30/11
Race: Caucasian
Weight: 46 lbs              Height: 47”
Allergies: Peanuts         Immunizations: UTD
Grade: 2nd
Homeroom Teacher: Ms. Kathy Owens
Primary Physician: Dr. Alicia Patel
Past Medical History: Healthy
Medications: none
History of Present Illness: This is the second week of school. Ms. Owens calls to let you know that she is sending Jake Sands to the nurse’s office because he is coughing and short of breath.
REFERENCES

- ATI Nursing Education (2013)