

AND VITAL SIGNS

NURSING ASSESSMENT

WARM UP

- ? What kind of information does a nurse need to collect in a nursing assessment?

1 Read the text and answer the questions below.

1. Is information about a patient's religious beliefs important? Why (not)?
2. Why is it important to take family history?
3. Why does the medical team need information about patient's allergies?

Nursing assessment is a very important tool which gives information about a patient's condition at the beginning and during a hospital stay. It is important to establish a friendly rapport with the patient and his family/caregiver. A friendly and empathic nurse can make the patient talk more openly about his problems.

Nursing assessment means collecting information about a patient's physiological and mental status. Depending on the situation it can also be necessary to gather information concerning the social and religious background of a person. A typical nursing assessment questionnaire includes:

- personal data (e.g. name and surname, date of birth, address, phone number, next of kin);
- vital signs;
- chief complaint;
- system assessment (e.g. cardiovascular system, eyes, ears, nose and throat, gastrointestinal tract, urogenital system, respiratory system, musculoskeletal system, central nervous system) and past medical history (chronic diseases, surgeries, etc.);
- allergies;
- current medications;
- family history;
- pain assessment;
- psychological assessment – intellectual and emotional health examination (e.g. observing patient's cognitive functions, concentration level, asking questions about his hobbies, interests, feelings about life and his health status).

The nurse should also try to identify potential nursing problems. For example, if a patient is immobile (e.g. a postoperative patient with multiorgan trauma), the nurse needs to pay special attention to the skin in order to avoid bedsores.

Nursing assessment must be thoroughly documented in patient's records (paper or electronic) and the members of medical staff need an easy access to the documentation.

allergy alergia, uczulenie
assessment ocena
bedsore odleżyna
chief complaint skarga główna
cognitive function funkcja poznawcza
empathic empatyczny
health status stan zdrowia
history wywiad
level poziom, stężenie
next of kin najbliższy krewny
past medical history wywiad chorobowy, choroby przebyte
postoperative pooperacyjny
questionnaire kwestionariusz, ankieta
rapport dobre stosunki, wzajemne zrozumienie