

Physical Assessment and Interviewing Skills in the Adult

A Comprehensive Approach to Cardiac, Pulmonary and Neurologic Conditions

Tuesday, August 30, 2011

San Juan Regional Medical Center

Location of Training:
Center for Workforce Excellence

Registration: 7:30am • Time: 8:00am – 4:00pm

Lunch: 12:00noon – 1:00pm (on your own)

Target Audience: Registered Nurses

Speaker

RACHEL CARTWRIGHT, RN, MS, CNS, LHRM, FNC, LNCC, has over 24 years of clinical, management and consulting experience. As a critical care nurse, she currently works in a level II trauma center and an acute care facility. Her nursing experience includes managing critical care units, renal transplant, and dialysis, as well as directing surgical services departments. Rachel continues to be an adjunct clinical instructor at a local university. As the Vice President of a Florida-based consulting firm, Rachel has helped hospitals prepare for and exceed the regulatory requirements of JCAHO as well as state and federal agencies. Rachel owns her own legal consulting business, Medical Legal Concepts, LLC. Through her business, she works with attorneys, law firms and healthcare organizations reviewing and evaluating medical records for adherence to standards of care and compliance with regulatory requirements. Rachel has been as an expert witness for both the plaintiff and defense on medical negligence cases. Rachel is licensed as a Healthcare Risk Manager and has a forensic nursing certificate. She is also certified by the American Association of Legal Nurse Consultants. From her involvement in litigation regarding medically related issues, Rachel has learned the legal pitfalls nurses can face. She is a firm believer in prevention. Rachel has the passion to bring new and tangible information that can be applied immediately to your professional practice of nursing. She makes this seminar fun, exciting, and definitely applicable to the current healthcare practices.

Learner Objectives

At the end of this class the participant will be able to:

1. Explain the documentation elements of a detailed head-to-toe assessment, specific to each body system of the adult client.
2. List the 14 system components of a Review of System history.
3. Demonstrate the assessment of the 12 cranial nerves.
4. Distinguish between cardiac versus non-cardiac syncope.
5. List 3 clinical findings to evaluate during a COPD exacerbation.
6. Recognize the difference between delirium and dementia.
7. Explain the 6 "W's" to evaluate in the patient with a post-operative fever.
8. Describe a step-by-step method for murmur identification and documentation.
9. List the critical diagnoses to rule out in a patient complaining of chest pain.
10. Describe the significance of vesicular, bronchovesicular, and bronchial breath sounds.
11. Differentiate cough and sputum production for specific pulmonary conditions.
12. Compare and contrast the significance of transudate versus exudate pleural effusion fluid.

Seminar Topics

- Comprehensive Adult History and Physical Examination Overview
 - Documentation and Management
 - Chief Complaint, HPI, Medications
 - Past, Surgical, Family, and Social History
 - Basic Screening Requirements by Age
 - Review of Systems, Physical Examination
 - Differential Diagnosis, Assessment, and Plan
 - Orders and Progress Notes
- Neurological Examination
 - Mental Status, Cranial Nerves, Motor, Sensory, Reflexes, Coordination
 - Abnormalities of Consciousness
 - Confusion
 - Head Injury (Contusion vs Concussion)
 - Delirium, Dementia, Depression
- Neurological Examination Techniques and Assessment Guides
 - Meningeal Signs: Kernig's Sign and Brudzinski's Sign
 - Mini-Mental States Examination and Clock Drawing Test
 - Confusion Assessment Method
 - Functional Assessment Staging in Alzheimer's Disease
 - GCS
- Case Studies, Management, and Treatment Guidelines
 - Syncope
 - Acute Ischemic Stroke
- Cardiovascular Examination
 - Events of Cardiac Cycle
 - Auscultation and Sequencing Examination Skills
- Strategies for Detection of Abnormal Cardiac Sounds and Conditions
 - Abnormal Heart Tones
 - Murmur Classification
 - Systolic and Diastolic Murmurs
- Case Studies, Management, and Treatment Guidelines
 - Chest Pain
 - Atrial Fibrillation
- Pulmonary Examination
 - Anatomical Landmarks and Topography of the Chest
 - Symptoms of Pulmonary Disease
 - Pulmonary Examination
- Abnormal Lung Sounds and Strategies for Detection
 - Normal Breath Sounds
 - Adventitious Breath Sounds
 - Crackles; Wheezes; Stridor; Rhonchi
 - Transmitted Voice Sounds
 - Bronchophony; Egophony; Whispered Pectoriloquy
- Pulmonary Conditions and Strategies for Detection
 - COPD (Chronic Bronchitis, Emphysema, and Asthma)
 - Pneumothorax; Pneumonia; Pleural Friction Rub
 - Death Rattle
- Case Studies, Management, and Treatment Guidelines
 - Pneumonia
 - Pleural Effusion
 - Pulmonary Embolism



A division of CMI Education Institute, Inc.
A Non-profit Organization

This educational activity is being provided by PESI HealthCare for San Juan Regional Medical Center.

Contact Information:

Education Department 609-6430

Registration deadline: August 19, 2011

Tuition:

- \$80 for SJRMC Employees
- \$150 fee for others

Cancellation policy: You must cancel by August 19 to receive a refund.

Registration Information:

For SJRMC employees, turn in completed Education Benefits Request Form to pay and register in HealthStream. Others please call the Education Department to register and pay.

Credit Information

Nurses/Nurse Practitioners/Clinical Nurse Specialists: CMI Education Institute Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. No partial contact hours will be issued for partial attendance.



The following individuals contributed to the planning of this educational event: *Content Expertise:* Rachel Cartwright, RN, MS, CNS, LHRM, FNC, LNCC; *Nurse Planner:* Mary Meyers, RN, MSN; *Activity Planner:* Steve Isaacson, MS; *Target Audience Consultant:* Joyce Harris, RN, CLNC

