**Physical Assessment**

Name

Institution

Course

Instructor

Date

**Physical Assessment**

According to Themes (2019), health care workers use the four fundamental measures of examination, palpation, percussion, and auscultation when doing the physical assessment. The sequence of the abdominal examination is changed; inspection is performed first, followed by auscultation, percussion, and palpation. Nurses start by inspecting the child's body, and the first method nurses utilize is examining a specific area in a child's body. Secondly, nurses perform a technique called palpation, whereby they use figures around the child's consistency, texture, location, and tenderness of an organ or body part by touching and feeling it. The health care worker will then conduct percussion; nurses will conduct a method of taping part of the body areas with fingers or a tiny instrument to determine the size and borders of body organs or fluid presences. Then finally, proceeding by using a stethoscope to conduct an auscultation method by listening to sounds on the body such as heartbeat, lungs, and intestines; doing so helps health care workers determine if the child has any infection before proceeding to psychological evaluation.

Physical assessment of an adult person is more straightforward compared to that of a child; at some point, the same procedure can be trailing to determine the problem, but first, a nurse will have to interview the adult person in a quiet place, a nurse will gather the information that is necessary for the medical check-up procedure. They will also allow the adult to share as much information as needed, and health care workers will note down all the information. Health care will ask if the adult has any past medical history; after all the information is provided, the health care workers will do the same procedure by doing inspection, palpation, percussion, and auscultation of examination if required. Both approaches are a bit similar compared to a child and adults, with a slight difference.

**References**

Çalış, A. S., Kaya, E., Mehmetaj, L., Yılmaz, B., Demir, E. N., Öztuna, D., ... & Kuzu, M. A. (2019). Abdominal palpation and percussion maneuvers do not affect bowel sounds. *Turkish Journal of Surgery*, *35*(4), 309.

Themes, U. (2016, October 8). *Physical Assessment of Children*. Nurse Key. <https://nursekey.com/physical-assessment-of-children/#:%7E:text=When%20performing%20the%20physical%20assessment,auscultation%2C%20percussion%2C%20and%20palpation>.