

## **Mosby's Expert 10-Minute Physical Examinations**

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MOSBY'S EXPERT 10-MINUTE PHYSICAL EXAMINATIONS helps nurses ensure rapid but thorough examinations of any patients they encounter, including the acutely ill.It gives complete, accurate, useful information nurses can use at the patient's bedside and improves nurses' examination skills. It also emphasizes spotting signs and symptoms of common disorders, thereby applying assessment skills immediately to patient needs. After covering basic physical examination techniques and how to conduct a health history, the book walks through examinations head-to-toe by body regions and the body systems within those regions. These chapters are divided into two main sections: Exam Steps and Findings, including normal findings, abnormal findings and their interpretations; and Exploring Chief Complaint, focusing on presenting problems/complaints and their probable causes. Key reference content is highlighted throughout including priority checklists, anatomy review, examination tips, disorder close-ups, and conditions warranting immediate intervention. The inside covers contain summary lists that speed readers to the information they need. Dozens of drawings and photographs show body regions and highlight difficult or complicated examination steps.

\* Offers a practical, hands-on presentation that is useful in all settings. \* Provides an introductory review chapter covering health history, equipment, and examination techniques and procedures. \* Includes anatomy reviews by body region valuable for quick reference or patient teaching. \* Uses an easy to follow step-by-step format to cover all aspects of physical examination, including inspection, palpation, percussion, and auscultation. \* Provides checklists of normal findings that identify acceptable variations based on age, sex, and condition of the patient. \* Includes easy-to-follow charts of abnormal findings to assist in interpreting abnormal findings and relating them to the causes. \* Identifies chief complaints and provides interview questions and guidelines for a focused assessment for each. \* Discusses individualizing the physical exam for patients with serious illnesses, pain, or handicaps \* Integrates Examination Tips throughout, written by experienced nurses, that give practical advice for improving skills and techniques. \* Highlights what to look for and what to do in potentially life-threatening situations in Action STAT boxes.

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