Lee, Carolyn

**Title:** Observation of Patient. Learning Activity Package

**Institution:** California State Dept. of Education, Sacramento

**Publication Date:** 82

**Note:** 34p.; For related document see CE 033 799. For other documents in the series see CE.033 788-811.

**Available From:** Bureau of Publications, California Dept. of Education, P. O. Box 271, Sacramento, CA 95802 ($1.75).

**EDRS Price:** MF01 Plus Postage. PC Not Available from EDRS.

**Descriptors:** Allied Health Occupations; *Allied Health Occupations Education; Behavioral Objectives; Individualized Instruction; Learning Activities; Learning Modules; Medical Services; *Observation; *Patients; Postsecondary Education; Secondary Education; Self Evaluation (Individuals)

**Identifiers:** *Symptoms

**Abstract:**

This learning activity package on observation of the patient is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, a list of definitions, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: patient observation, using various senses to observe, subjective and objective symptoms, medical terms to use, symptoms to observe on various body parts, and reporting observations. (YLB)

* Reproductions supplied by EDRS are the best that can be made from the original document.*
OBSERVATION OF PATIENT
OBSERVATION OF PATIENT

PREPARED BY: CAROLYN LEE, RN
INSTRUCTOR, FONTANA HIGH SCHOOL
This learning activity package, which was funded under Public Law 94-482 and Public Law 95-40, was prepared and published by the California State Department of Education, 721 Capitol Mall, Sacramento, CA 95814, and distributed under the provisions of the Library Distribution Act.
<table>
<thead>
<tr>
<th><strong>OBJECTIVES</strong></th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td><strong>MATERIALS NEEDED</strong></td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>DEFINITION</strong></td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>REVIEW I</strong></td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td><strong>REVIEW II</strong></td>
<td>10</td>
</tr>
<tr>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td><strong>REVIEW III</strong></td>
<td>13</td>
</tr>
<tr>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td><strong>REVIEW IV</strong></td>
<td>16</td>
</tr>
<tr>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td><strong>REVIEW V</strong></td>
<td>20</td>
</tr>
<tr>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td><strong>REVIEW VI</strong></td>
<td>23</td>
</tr>
<tr>
<td>23</td>
<td>23</td>
</tr>
<tr>
<td><strong>REVIEW VII</strong></td>
<td>26</td>
</tr>
<tr>
<td>26</td>
<td>26</td>
</tr>
</tbody>
</table>
Upon completion of this LAP, the student will be able to:

1. Explain the importance of observation.
2. List two (2) ways you can observe a patient.
3. List four (4) examples of how observations can be obtained.
4. Explain the difference between objective and subjective symptoms.
5. Define the following terms that are pertinent to reporting observations:
   A) Abrasions
   B) Clammy
   C) Cyanotic
   D) Edema
   E) Fatigue
   F) Flushed
   G) Incoherent
   H) Jaundice
   I) Lesions
   J) Lethargic
   K) Oriented
   L) Pallor
   M) Syncope
   N) Vertigo
6. List two (2) common abnormal observations found on each of the following areas:
   A) Head and Face
   B) Throat
   C) Chest
   D) Abdomen
   E) Extremities
7. List two (2) observations which would indicate the patient's mental state.
8. Identify the person to whom observations are to be reported.
9. Explain why it is important to report observations.
MATERIALS NEEDED:

1. WORK SHEET*
2. PEN OR PENCIL.

* BEFORE BEGINNING THE LAP, PICK UP THE WORK SHEET FROM THE INSTRUCTOR.
Observations by workers in the medical field may help the doctor and the outcome of the patient. Persons coming in contact with the patients can contribute by being alert and observant to the signs and symptoms of illness, disease, or anxiety. You can play an important role on the medical team by being alert to changes in the patient’s condition.

Observation is learned. It is not difficult, but it takes practice by making the observer more aware. Pertinent observations could indicate that the patient needs other sources of professional help, such as a social worker, clergy, physical therapist, or family counselor.

Observation can be a quick notice of the patient or a more detailed observation. But each time you look at a patient, you must develop the awareness to notice anything different about him or her, so that his or her care can be more individualized. You will be developing "detective" techniques or clues to the patient’s condition or well-being.
DO YOU REMEMBER?

1. Who can make observations?

2. How do we develop observation skills?

3. What other sources of help might the patient need?

4. List two (2) ways you can observe a patient.

5. When do we observe patients?

6. Are you "observant"?

7. Answers are on page 5.

If you got them all right, continue on.

If not, go back and review.
REVIEW 1. ANSWER KEY:

1. Anyone, especially you!!!!

2. Learned, by practice, and becoming more aware

3. Social worker, clergy, physical therapist, or family counselor

4. Quick notice and detailed

5. All the time

6. If yes, good for you. If no, work to improve your skills.

7. A star for you
"You've seen it, but did it really sink in?" or "How aware are you?"

Here is a good opportunity to check out your powers of observation. Do you notice every little detail, or do things slip right past you? Do you take notice, or are you unobservant? Find out with this little quiz. It concerns things you see every day. The answers are on the next page.

1. You probably know it is red with white letters, but have you noticed the shape of a stop sign?
2. Which way does Abe Lincoln face on a penny?
3. In which hand does the Statue of Liberty hold her torch?
4. What is the highest number on an AM radio dial?
5. How many times are there on a dinner fork?
6. Which 2 letters do not appear on a standard telephone dial?
7. Most U.S. postage stamps give their denomination with a number plus (A) the word "cents"; (B) the sign ¢; or (C) the letter "c."
8. On the back of a $5.00 bill is the Lincoln Memorial; on a $10.00 bill it is the U.S. Treasury Building; on a $20.00 bill is the White House. What is in the center of the flip side of a $1.00 bill?
9. Does it say "Coca-Cola" on every can?
10. Which of these are found on all current U.S. coins? (A) "United States of America"; (B) "E Pluribus Unum"; (C) "In God We Trust"; (D) "Liberty."
11. When you walk normally, do your arms swing with or against the rhythm of your feet?
Answers to "You’ve seen it, but did it really sink in?":

1. Octagonal
2. He is looking left, which means that to us his nose points to the right.
3. In the right
4. The highest is 1600.
5. Standard is four.
6. Q and Z
7. "C"
8. No picture, just the word 'ONE' displayed in large letters.
9. Yes
10. All four
11. Against. When your legs go "left-right, left-right," your arms go "right-left, right-left."
We use many ways to observe.

We use our eyes to see.

We use our nose to smell.

We use our fingers to feel.

We use our ears to hear.
Examples:

**EYES** can be used to see:
- Color of skin, nervousness, sweating, swelling, anxiety, bleeding, and level of consciousness

**NOSES** can be used for smelling:
- Body odors, bad breath, bleeding, alcohol breath, cigarettes, and unclean bodies

**FINGERS** can be used for feeling:
- Fever, swollen areas, cold skin, bumps and abrasions, growths and tumors, and hot areas

**EARS** can be used for hearing:
- Difficult breathing, choking, heart beats, cracking of bones, and stomach activity

Listening to what patients are saying is a very important aspect of hearing. Listening to their complaints or conversation may give you one of your biggest clues.
DO YOU REMEMBER?

1. **List four (4) examples of how observations can be obtained.**

2. **Give two (2) examples of observations you can see.**

3. **List three (3) examples of odors you can smell.**

4. **Describe four (4) different things you can feel on the patient’s body.**

5. **Ears can hear two (2) types of hearing in observation. What are they? Give examples of each.**

If you got them all right, continue on.

If not, go back and review.
REVIEW #II. ANSWER KEY:

1. EYES, NOSE, FINGERS, AND EARS

2. COLOR, SWEATING, SWELLING, ANXIETY, NERVOUSNESS, BLEEDING, OR LEVEL OF CONSCIOUSNESS

3. BODY ODORS, BAD BREATH, BLEEDING, ALCOHOL BREATH, CIGARETTES, OR UNCLEAN BODIES

4. FEVER, SWOLLEN AREAS, COLD SKIN, BUMPS AND ABRASIONS, GROWTHS AND TUMORS, OR HOT AREAS.

5. A) BODY SOUNDS; FOR EXAMPLE, DIFFICULT BREATHING, CHOKING, HEART BEATS, CRACKING OF BONES, OR STOMACH ACTIVITY
   B) LISTENING TO WHAT THE PATIENT SAYS; FOR EXAMPLE, "I HAVE A HEADACHE."

6. FANTASTIC
There are two different kinds of symptoms which may be observed.

1. One is subjective. These are signs and symptoms only felt and experienced by the patient.
   Examples: dizziness, pain, nausea.

2. Another is objective. These are observed by others.
   Examples: bleeding, sweating, wounds, skin color.
DO YOU REMEMBER?

PLACE AN "S" IN FRONT OF THE FOLLOWING SENTENCES THAT GIVE EXAMPLES OF SUBJECTIVE SYMPTOMS AND AN "O" IN FRONT OF OBJECTIVE SYMPTOMS.

1. Mr. Brown states that he has a toothache.
2. Mrs. Williams's urine appears to have blood in it.
3. Mrs. Smith's respirations are very rapid.
4. Mr. Lee states that he is nauseated after eating.
5. Mrs. Bender's dressing is dry and intact.
7. Ms. Stark is jaundiced today.
8. Mr. Runge has excessive bleeding every time he has a tooth extracted.
9. Ms. Hime is perspiring, and her skin is cold and clammy.
10. Mr. Rue is experiencing some wheezing with each breath.

Answers on the next page

If not, review.

If you got them all right, continue on.
REVIEW #III. ANSWER KEY:

1. S
2. 0
3. 0
4. S
5. 0
6. S
7. 0
8. 0
9. 0
10. 0
11. Super
OBSERVATION

There are some special medical terms that health workers should use in describing their observations. A few are listed below. Try to remember these when doing your reporting.

Abrasions....Skin has scraped areas

Clammy.....Skin cool and moist

Cyanotic.....Skin color bluish, especially lips and nails

Edema....Swelling of body part, usually extremities

Fatigue....Tired feeling

Flushed.....Reddish color to skin, usually face

Incoherent.....Unaware of surroundings, some babbling and rambling in speech

Jaundice.....Yellowish color to skin and whites of eyes

Lesions.....Sores on skin

Lethargic.....Has the "blahs," sleepy, lacks energy

Oriented.....Knows time and place, where and what

Pallor.....Pale almost white color to skin, usually distinctive in face

Syncope.....Fainting

Vertigo.....Dizziness
OBSERVATION
Review #IV

DO YOU REMEMBER?

MATCH THE FOLLOWING.

1. ___ INCOHERENT
2. ___ FLUSHED
3. ___ VERTIGO
4. ___ ABRASIONS
5. ___ EDEMA
6. ___ CLAMMY
7. ___ JAUNDICED
8. ___ LESIONS
9. ___ LETHARGIC
10. ___ SYNCOPE
11. ___ CYANOTIC
12. ___ ORIENTED
13. ___ PALLOR
14. ___ FATIGUE

A. FAINTING
B. DIZZINESS
C. PALE-COLOR TO SKIN
D. KNOW TIME AND PLACE
E. HAS THE "BLAHS," SLEEPY, NO ENERGY
F. SORES ON SKIN
G. YELLOWISH COLOR TO SKIN
H. UNAWARE OF SURROUNDS
I. REDDISH COLOR TO SKIN
J. SWELLING OF BODY PART
K. BLUISH COLOR TO SKIN
L. SKIN COOL AND MOIST
M. SKIN HAS SCRAPED AREAS
N. TIRED FEELING

IF YOU GOT THEM ALL RIGHT... CONTINUE ON. IF NOT, GO BACK AND REVIEW.
REVIEW #IV.  ANSWER SHEET

1. H
2. I
3. B
4. M
5. J
6. L
7. G
8. F
9. E
10. A
11. K
12. D
13. C
14. N
15. HURRAY FOR YOU!
In making observations, it is generally more convenient and most efficient to start at the patient's head. A quick assessment from the head to the toes is a skill that every health worker should practice.

**Head and Face**

- Colors such as cyanosis, jaundice, pallor, flushed
- Swelling and abrasions
- Dark circles under eyes, puffiness, redness, and twitching
- Breathing difficulties and nose abnormality
- Pale, cyanotic, or cracked lips
- Unusual odor to breath
- Teeth and gums with obvious infection and or decay (dis-coloration of teeth)
- Absence of teeth
- Facial expression (gives us "clues" to mental symptoms [subjective] like fear, worry, pain, and fatigue)

**Throat**

- Hoarseness, difficulty in swallowing or speaking
- Neck if it is restrictive in movement or enlarged
CHEST

Excessive coughing, "spitting" up, abnormal or noisy breathing
Abnormal shape to the chest area

ABDOMEN

Oversized or very large (protruding) abdomen

EXTREMITIES

Trembling, cyanosis, or swelling of hands, feet, or fingers.
Brittle nails or nails that are unusual in appearance.
(Nail biting indicates a source of nervousness.)

MENTAL STATE

Does the patient understand instructions?
Is the patient oriented to time and place?
Does he or she appear confused?
Is the patient incoherent? Is he or she speaking in incomplete sentences?
Is the patient depressed?
Does the patient display appropriate behavior for the setting he or she is in?
DO YOU REMEMBER?

1. How often do you observe the patient?

2. In what order is it most convenient to observe the patient?

3. List five symptoms that can be observed on the patient’s head and face.

4. What are some observations to make about the neck?

5. List three symptoms that can be observed on the patient’s neck.

6. What does ‘protruding abdomen’ mean?

7. List four symptoms that can be observed on the patient’s extremities.

8. List six symptoms that may show the mental status of a person.

ANSWERS ON NEXT PAGE

If you got them all right... continue on...

If not, go back and review.
REVIEW #V. answer key

1. Every time you see them

2. Head to toe

3. Colors like cyanosis, jaundice, paleness, flushed; swelling, abrasions; eye problems; breathing; nose difficulties; lip discoloration; unusual odor to breath; teeth and gum problems; or facial expressions for pain, fear, worry, fatigue

4. Hoarseness, difficulty in swallowing or speaking, swollen neck

5. Coughing, spitting up, abnormal breathing, or shape of chest

6. Oversized or extra large

7. Trembling, cyanosis, swelling, abnormal nails

8. Understanding instructions, oriented, confused, incoherent, depressed, or appropriate behavior

9. Great!
ALL UNUSUAL/ABNORMAL OBSERVATIONS MUST BE REPORTED IMMEDIATELY (*STAT)!!!!

Each Health Team member is responsible for reporting to different people. It is your responsibility to find out to whom you should report your observations. Some examples are the following:

Nurse Assistant........Team Leader or Charge Nurse
Dental Assistant........Dentist
Medical Assistant........Doctor or Charge Office Nurse
Hospital Health Services....Immediate Supervisor or Department Charge Person

*STAT = IMMEDIATELY.
DO YOU REMEMBER?

1. When must unusual/abnormal observations be reported?

2. To whom are you responsible?

3  Nothing

Answers are on next page.

If you got them all right... continue on.

If not, go back and review.

A-OK!
REVIEW # VI.  ANSWER KEY

1. **Unusual/Abnormal Observations Must Be Reported Immediately.**

2. **You Are Responsible To Your Immediate Supervisor; E.g., A Nurse Assistant Reports To The Team Leader Or Charge Nurse.**

3. **NiceGoing.**
Knowledge of how a patient is reacting to a given situation may assist the doctor(s) in the patient’s treatment. For example, the patient may show signs of extreme nervousness. Upon receiving this information, the doctor could order a medication to relax the patient and ease the nervousness.

The patient may be experiencing a preshock condition which, if reported immediately, could be treated quickly.

The patient could have a disease or predisease condition that the doctor is unaware of and, if reported, treatment for the condition could be given.
DO YOU REMEMBER?

1. Why is reporting observations important?
2. List three situations when quick reporting of observations would be helpful.

If not, go back and review.

Answers on next page

If you got them all right...continue on.

If not, go back and review.

SUPER!
1. Reporting observations assists the doctor in the treatment and improves the patient's well-being.

2. Make up situations and discuss with instructor.

3. Really nice
THE KEY TO OBSERVATION IS AWARENESS.

Pass in this LAP to your teacher with your completed work sheet, and pick up the final review for Observation.

HAVE A ☺ HAPPY DAY!
Learning Activity Packages
Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

- Blood Pressure
- Confidentiality
- Grooming
- Handwashing Technique
- Metric System
- Nutrition
- Observation of Patient
- Oral Hygiene
- Shock and Anaphylactic Shock
- The Surgical Scrub
- Syncope
- Temperature, Pulse, and Respiration

Student packets are available at $1.75 each, plus tax, and instructors' packets at $1.50 each, plus tax.

Orders should be directed to:
California State Department of Education
P.O. Box 271
Sacramento, CA 95802

Remittance or purchase order must accompany order. Purchase orders without checks are accepted only from government agencies in California. Sales tax should be added to all orders from California purchasers.

A complete list of approximately 500 publications available from the Department may be obtained by writing to the address listed above.