Integumentary System

1. Skin
   - Function

   - Layers
     - Epidermis
       Stratum Germinativum
       Keratin
       Melanin
       Melanocytes
     - Dermis
       Collagen
   - Skin color
     Melanin-
     Carotene-
     Underlying vascular bed-
     The thickness of the skin
   - Subcutaneous tissue-
   - Glands
     Sebaceous
     Sweat glands
     Eccrine
     Apocrine
2. Hair
   - Terminal Hair
   - Vellus Hair

   - Anatomy of Hair-
     Shaft
     Root
     Bulb Matrix
     Follicle
     Arrector pili

3. Nails
   - Nail Plate
   - Nail bed
   - Lunula
   - Nail Matrix
   - Nail folds
   - Cuticle

Assessment of Skin

Rational for Assessment:

Equipment:

Assessment techniques used:
SUBJECTIVE HISTORY

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________
4. _____________________________________________________________________
5. _____________________________________________________________________
6. _____________________________________________________________________
7. _____________________________________________________________________
8. _____________________________________________________________________
9. _____________________________________________________________________
10. ___________________________________________________________________
11. ___________________________________________________________________
12. ___________________________________________________________________

PHYSICAL EXAM

Begins with INSPECTION

☑ Observe skin tone
☑ Assess for color changes
  o Pallor
  o Erythema
  o Cyanosis
  o Jaundice

Proceed to PALPATION

☑ Assess skin temperature

☑ Assess skin texture

☑ Assess skin turgor

☑ Assess skin mobility

☑ Assess for edema

☑ Assess for lesions - Shape and type
  Shapes
  1. Annular
  2. Confluent
  3. Discrete
  4. Grouped
  5. Gyrate
  6. Target
  7. Linear
  8. Polycystic
  9. Zosterform
Primary Individual Lesions

1. Macule
2. Papule
3. Nodule
4. Wheal
5. Tumor
6. Urticaria
7. Vesicle
8. Bulla
9. Pustule
10. Cyst

Secondary Individual Lesions

1. Crust
2. Scale
3. Fissure
4. Erosion
5. Ulcer
6. Excoriation
7. Scar
8. Atrophic scar
9. Lichenification
10. Keloid
11. Ecchymosis
12. Hematoma
13. Purpura
14. Petechiae

ASSESSMENT

- Impaired skin integrity r/t.....
- Risk for impaired skin integrity r/t.....
- Disturbed body image r/t.....

PLAN

Teaching
Hygiene
Cancer Prevention
■ Enhanced Health seeking behaviors r/t…..

Assessment of Hair and Scalp

Equipment:

Assessment techniques used:

SUBJECTIVE HISTORY

1.___________________________________________________________________
2.___________________________________________________________________
3.___________________________________________________________________
4.___________________________________________________________________

PHYSICAL EXAM

INSPECTION

☐ Inspect the distribution
☐ Inspect the texture
☐ Inspect the thickness
☐ Inspect the lubrication
☐ Note the hair color
☐ Separate sections of hair to look at the scalp
☐ Inspect the hair follicules
☐ Abnormal findings:
  o Hirsutism
  o Alopecia

ASSESSMENT

■ Potential for infection r/t…
■ Body Image disturbance r/t…

PLAN

Hygiene
Assessment of Nails

Equipment:

Assessment techniques used:

SUBJECTIVE HISTORY

1.___________________________________________________________________
2.___________________________________________________________________
3.___________________________________________________________________
4.___________________________________________________________________

PHYSICAL EXAM

Begin with INSPECTION *remove nail polish!

☐ Assess the shape and contour
☐ Nail bed color
☐ Thickness
☐ Angle between nail and nail bed
☐ Condition of tissue around the nail
☐ Observe nails on both hands and feet

Proceed to PALPATION

☐ Palpate for consistency
☐ Assess capillary refill

☐ Abnormal findings
  o Clubbing
  o Beau’s lines
  o Kolonychia
  o Splinter hemorrhages
  o Paronychia
  o Ragged short nails

ASSESSMENT

- Potential for infection r/t…
- Body Image disturbance r/t…

PLAN

Hygiene