

CHAMBERLAIN UNIVERSITY

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NR509 Advanced Physical Assessment

Exam Study Guide - Midterm Exam

Exam Format: Non-Cumulative

Question Type: Multiple Choice

Number of Questions: 100

Time Allotted: 120 minutes

Testing Timeframe: The midterm exam will be available starting on **Wednesday of Week 4 at 12:01 am MT** until **Saturday of Week 4 at 11:59 pm MT**.

1. Exam Coverage

Content Areas:

- Week 1
 - Approach to the Clinical Encounter
 - Interviewing, Communication, and Interpersonal Skills
- Week 2
 - Health history
 - Physical exam
 - General survey
 - Vital signs
 - Focused and comprehensive history and physical exam
 - Health promotion
 - Differential Diagnosis
 - Problem list
 - Behavior and Mental Health Assessment
 - Mental status exam
 - Skin, Hair, and Nails
- Week 3
 - Head, Eyes, Ears, Nose, and Throat (HEENT)
 - Thorax and Lungs
- Week 4
 - Cardiovascular system
 - Peripheral vascular system

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2. Key Concepts to Study



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Mental Health & Clinical Interviewing

- Depression screening: Withdrawal, appetite changes, quitting activities = red flags. Use suicide screening tools. Example, PHQ-9
- FIFE Model
- Reflection: Echoing the patient's words to validate feelings
- Summarization: Organizes information and shows attentiveness
- Empathy: "That sounds upsetting."
- Open-ended questions: "What brings you in today?"
- Mental Status Exam

Cardiovascular System

- Heart sounds & murmurs
- Fixed split S2: Heard in both inspiration and expiration
- Aortic stenosis
- High LV pressure vs. aortic pressure
- Symptoms: Syncope, angina, dyspnea
- Jugular venous pressure (JVP)
- Elevated JVP and indications of conditions
- Pulsus paradoxus
- PMI (Point of Maximal Impulse)

Respiratory System

- Assessment Techniques including inspection, palpation, percussion, and auscultation
- Egophony: "E" sounds like "A" changes
- Tactile fremitus: Pleural effusion, pneumothorax changes
- Percussion: Air, fluid, versus mass findings and changes
- Forced expiratory time

HEENT (Head, Ears, Eyes, Nose, Throat)

- Papilledema: Blurred disc margins, no venous pulsation
- Macular degeneration: Central vision loss, difficulty reading
- Cataracts: Gray opacity in pupils, blurry vision
- Urgent referral: Eye pain + vision changes = possible corneal ulcer or glaucoma
- Otitis externa
- Serous effusion
- Weber and Rinne tests
- Deviated septum
- Oral cancer findings

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Skin & Lymphatics

- Skin lesions: Morphology and documentation



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