

DB Productions of NW AR, Inc.

**Physical Assessment: If You Only Have 5 Minutes** - Barb Bancroft, RN, MSN, PNP

SEPTEMBER 17, 2020 8:30 AM – 2:00 PM (CST)

More info and registration - <https://cvent.me/RqxndW>

**Workshop Overview:**

The most important part of any physical exam is taking the patient HISTORY. Learn how to characterize the chief complaint by asking the right questions—the PQRST + AAA way. Barb provides examples of how to use this mnemonic to get the most information in the least amount of time. Barb will then guide you through assessment basics—where to “listen” if you only have a minute, where to “look” if you only have a minute, where to “feel” if you only have a minute. Barb correlates anatomy, physiology and pathophysiology for each major system discussed—the heart, the lungs, the abdomen, and the nervous system. You will also be amazed at the information you can glean from basic vital sign evaluation. Last, but not least, Barb discusses various drug classes and the side effects that can confound a physical exam.

**Learning Outcomes:** *The learner will be able to self-report an increase in knowledge to:*

1. Refine assessment techniques to facilitate problem identification when confronted with unfamiliar clinical situations.
2. Make comparisons and determine findings in patients with chronic health problems.

Start Time		End Time	<b>Agenda</b> <b>CENTRAL TIME ZONE</b>	CE
8:00 AM	-	8:25 AM	Sign into Zoom and be ready to go no later than 8:30	---
8:25 AM	-	8:30 AM	Welcome, Disclosures, Introductions	---
8:30 AM	-	9:45 AM	<b>Patient History; the PQRST Mnemonic</b>	75 min
9:45 AM	-	10:00 AM	Break	---
10:00 AM	-	11:00 AM	<b>Cardiorespiratory Exam</b>	60 min
11:00 AM	-	11:15 AM	Break	---
11:15 AM	-	12:15 PM	<b>Abdominal exam &amp; evaluating patient with abdominal pain</b>	60 min
12:15 PM	-	1:00 PM	Break	---
1:00 PM	-	1:45 PM	<b>Neurological exam correlated with specific neuro conditions</b>	45 min
1:45 PM	-	2:00 PM	<b>Q/A, Evaluation</b>	15 min
		2:00 PM	Program complete	---
<b>Total Nursing Contact Hours: 255 min/60 min = 4.25 contact hours</b>				

**References:**

- McGee S. Evidence-Based Physical Diagnosis. WB Saunders, Co. 2012
- Bates' Pocket Guide to Physical Examination and History Taking. 2016.

- Shibasaki M., Hallet M. The Neurological Exam—Scientific Basis for Clinical Evaluation. 2016.
- Focused Cardiovascular Assessment. AMN Healthcare Educational Services, RN.COM, October 2004
- Leuppi JD, et al. Diagnostic value of lung auscultation in an emergency room setting. Swiss Med Wkly 2005;135(35-36):520-524.

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### ONLINE REGISTRATION LINKS & FEES

For More Information and to Register Online - <https://cvent.me/RqxndW>

#### Registration Fee (individual)

- \$125 per person

#### Individual Student Fee (Pre-licensure Nursing Student)

- \$35 per student

#### Group Discounts:

- \$25 per student for groups of 10 or more (registered & paid together)
- \$100 per person (3 or more nurses registered and paid together)
- \$500 for one faculty member and up to 20 pre-licensure nursing students

**Cancellation and Payment Policy:** No refunds issued, but substitutes may attend. Otherwise, all registration fees will be forfeited. In order to attend the program, payment must be received prior to the conference.

### General Webinar Information

#### 4.25 Nursing Contact Hours:

This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

Please call Deanne Blach at 870-715-7508 for more information about contact hours.

**Conflict of Interest:** There is no conflict of interest for anyone with the ability to control content of this activity.

#### Successful Completion of this Activity Requires the Learner to:

- Provide an email address for communication
- Sign in via Zoom with your full name to verify attendance
- The full webinar must be attended for nursing contact hours
- Complete an online evaluation survey

**Handouts, Surveys, and Certificates:** All conference handouts, evaluation surveys and CE certificates will be accessed online. You will be emailed a link to download handouts 1 week prior to the conference. Be certain the email address(es) you provide are accurate and legible.

**Attendance:** The Zoom delivery system provides a mechanism to track who's in each session. Only those who are registered for the conference are invited to watch this event and will be able to get the nursing contact hours. Be sure you sign in with your FULL NAME to track your attendance.

### ZOOM TECHNOLOGY INSTRUCTIONS

- For Zoom, you will need a computer and internet access and can participate from any location, you will be able to access the video and hear the speaker present. You will see both the speaker and presentation material on your computer screen during the webinar.
- You will be getting an email from us ([conferences@deanneblach.com](mailto:conferences@deanneblach.com)) to click on the ZOOM link(s) prior to the conference.
- You will have the ability to ask questions and be a fully active conference participant. There will be a chat box for you to ask questions, which I will relay to the speaker for her to answer at the end of each session.
- If you have any questions at this point, please send those in. We also would love to hear what you want to get out of this conference, so this can be personalized to you.
- Please check your computer, internet access and ability to get into the meeting prior to the start. Be ready to go 15 minutes before each day's sessions begin.
- Monica will be available to you, should you encounter difficulties. Contact Monica Speak at 870-577-5325 or [monica@deanneblach.com](mailto:monica@deanneblach.com) to verify you are able to receive our emails.
- We will be monitoring the entire event to ensure great visual/auditory quality and facilitate Q/A and discussion.

### Handouts and Instructions

- Monica will be sending out links to access the conference to you. We will also be sending handout links via email.
- Please ensure you are receiving our emails for all further instructions and details.
- Please ensure we are not blocked from your system and check your spam/junk folders. We are happy to communicate via a personal email if you are not getting emails through your school's system.
- Once the conference is over, you will receive an email with the evaluation link for completion. This should be completed on a computer, not a smart phone, so you can print/save your CE certificate.

### Are You Getting Our Emails?

- Your registration confirmation, receipt of payment, evaluation survey and CE certificate are sent via email. Here are tips to ensure you receive them: Add our email addresses to your safe senders list: [conferences@deanneblach.com](mailto:conferences@deanneblach.com), [deanne@deanneblach.com](mailto:deanne@deanneblach.com), or [monica@deanneblach.com](mailto:monica@deanneblach.com)
- Ask your organization's IT department to make sure [www.deanneblach.com](http://www.deanneblach.com) is not being blocked.
- Check your spam folder, as emails can erroneously be labeled spam because of an embedded link.
- Contact Monica Speak at 870-577-5325 or [monica@deanneblach.com](mailto:monica@deanneblach.com) to verify you are able to receive our emails.



**Deanne A. Blach, MSN, RN, CNE, NPD-BC**  
Nursing Professional Development Specialist

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