

## Respiratory System Student Checklist

THORAX & LUNGS	
INITIAL SURVEY	
Assessment	Knowledge Indicators
General initial inspection	<ul style="list-style-type: none"> <li>rate, rhythm, depth and effort of breathing</li> <li>overall color/cyanosis – check fingernails and lips</li> <li>listens to breathing</li> <li>inspection of neck for obvious signs of respiratory distress</li> <li>symmetry, shape of chest/AP diameter</li> </ul>
POSTERIOR CHEST	
Assessment	Knowledge Indicators
Inspect: <ul style="list-style-type: none"> <li>Client in seated position</li> <li>Client directed to fold arms across chest</li> </ul>	Notes: <ul style="list-style-type: none"> <li>Shape of chest and condition of skin</li> <li>Movement of chest with respirations: symmetry, deformities, retractions, accessory muscles</li> </ul>
Palpate <ul style="list-style-type: none"> <li>posterior chest</li> <li>chest expansion with thumbs at level of 10th rib</li> <li>tactile fremitus from apices to bases</li> </ul>	<ul style="list-style-type: none"> <li>any tender areas or abnormalities</li> <li>symmetry of expansion &amp; contraction</li> <li>quality and symmetry of vibrations</li> </ul>
Percuss <ul style="list-style-type: none"> <li>symmetric pattern</li> <li>diaphragmatic excursion</li> </ul>	Identifies: <ul style="list-style-type: none"> <li>correct percussion notes</li> <li>diaphragmatic dullness</li> <li>measures distance of diaphragmatic excursion</li> </ul>
Auscultate: <ul style="list-style-type: none"> <li>symmetric pattern</li> </ul>	Identifies: <ul style="list-style-type: none"> <li>names of normal breath sounds</li> <li>presence &amp; names of abnormal sounds</li> </ul>
ANTERIOR CHEST	
Assessment	Knowledge Indicators – verbalizes and demonstrates
Inspect <ul style="list-style-type: none"> <li>Client in supine position</li> </ul>	Notes: <ul style="list-style-type: none"> <li>Shape of chest and condition of skin</li> <li>Movement of chest with respirations: symmetry, deformities, retractions, use of accessory muscles, impaired movement</li> </ul>

<p>Palpate :</p> <ul style="list-style-type: none"> <li>• anterior chest</li> <li>• chest expansion</li> <li>• tactile fremitus</li> </ul>	<ul style="list-style-type: none"> <li>• any tender areas or abnormalities</li> <li>• symmetry of expansion &amp; contraction</li> <li>• symmetry of vibrations</li> </ul>
<p>Percuss:</p> <ul style="list-style-type: none"> <li>• symmetric pattern on anterior and lateral chest wall</li> </ul>	<p>Identifies:</p> <ul style="list-style-type: none"> <li>• correct percussion notes</li> <li>• dullness in area of heart</li> <li>• dullness at liver border</li> </ul>
<p>Auscultate</p> <ul style="list-style-type: none"> <li>• symmetric pattern</li> <li>• anterior</li> <li>• lateral</li> </ul>	<p>Identifies:</p> <ul style="list-style-type: none"> <li>• names of normal breath sounds</li> <li>• presence &amp; names of abnormal sounds</li> </ul>