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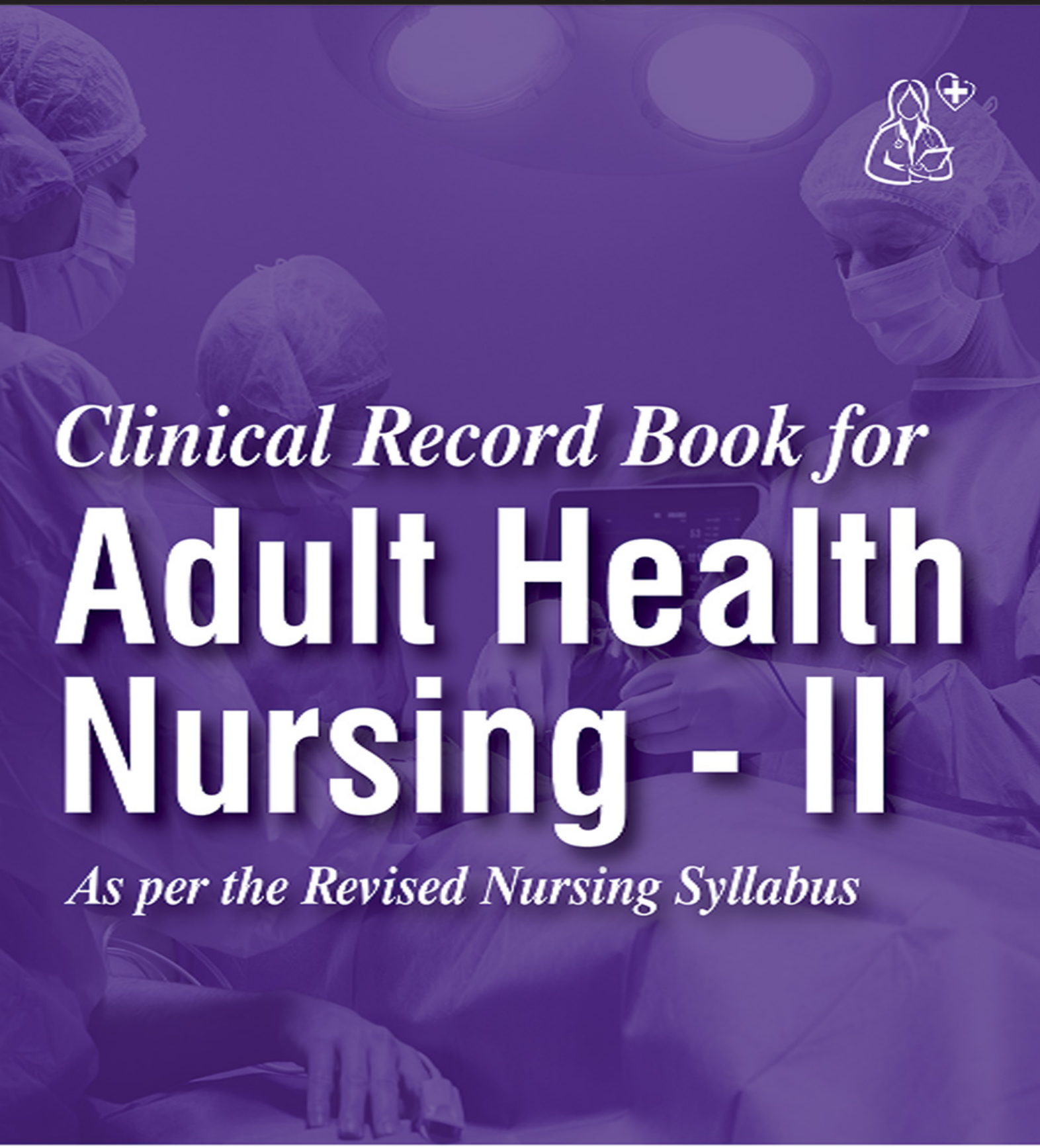

Clinical Record Book for

Adult Health Nursing - II

As per the Revised Nursing Syllabus

Dipak Sethi

JAYPEE

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Nursing Management of Patients with ENT Disorders

- ☑ ENT Assessment
- ☑ Case Study
- ☑ Case Presentation

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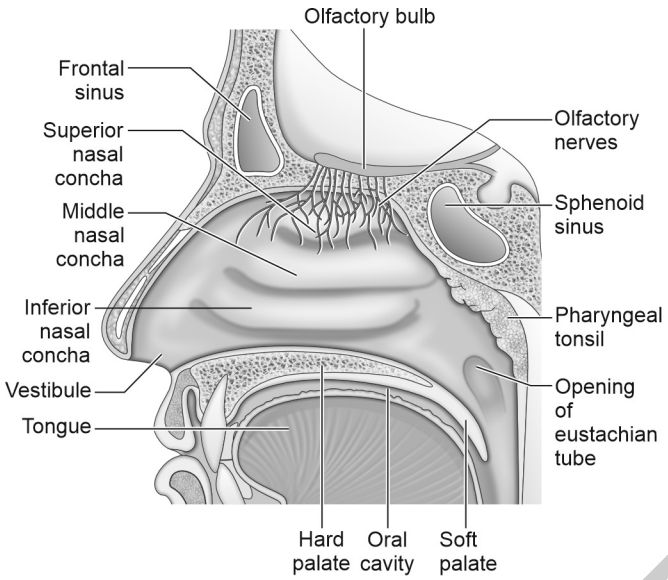
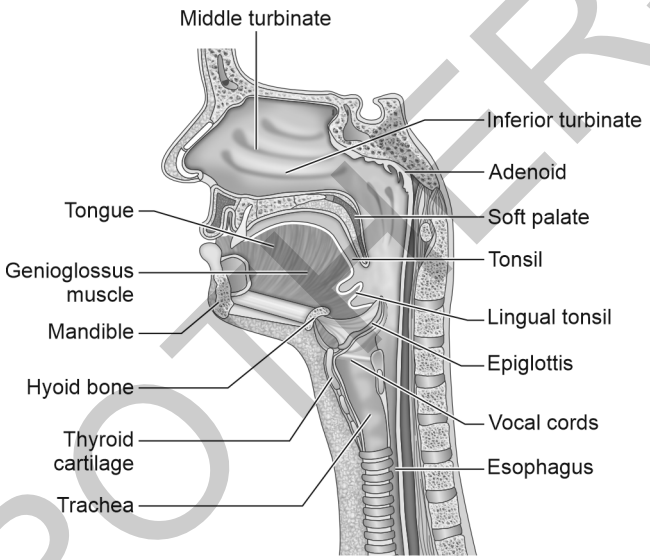
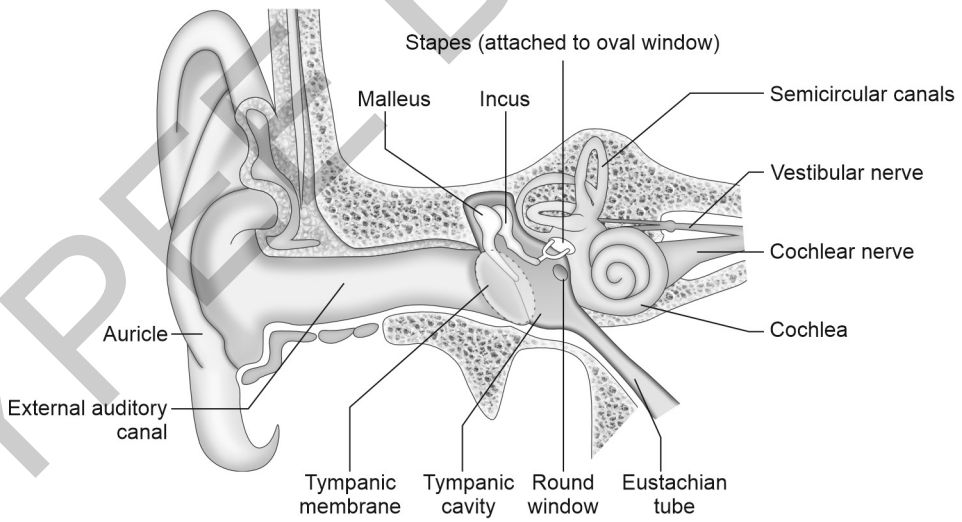
Anatomical Diagrams of ENT



Anatomy of Nose



Anatomy of Throat



Anatomy of Ear

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ENT Assessment

EVALUATION CRITERIA FOR ENT ASSESSMENT

Maximum Marks: 25

S. No.	Contents	Maximum marks	Allotted marks
1.	Patient's history	02	
2.	Ear examination	05	
3.	Nose examination	05	
4.	Throat examination	05	
5.	Complication and prognosis	02	
6.	Health teaching	03	
7.	Conclusion	03	
	Total	**25**	

Remarks:

Signature of Student **Signature of Supervisor**

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Patient's Identification Data

- Name :
- Age :
- Sex :
- Marital status :
- Hospital registration no. :
- Ward/bed no. :
- Address :
- Tel. no. :
- Religion :
- Education :
- Date of admission :
- Date of discharge :
- Diagnosis :
- Operation :
- Date of operation :
- Name of the doctor :
- Occupation :
- Monthly family income (₹) :
- Nursing alert :
- Sensitivity/allergy/precaution :
- Weight :
- Height :

Informant

Information's relevant or not.

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Chief Complaints with Duration

History of Present Illness

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History of Past Surgical Illness: Illness/medications/any restrictions

Family History

S. No.	Name of family member	Age and sex	Relationship with patient	Occupation	Health status/ history of significant illness	Health habits

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Family Tree



Socioeconomic History

- Occupation and social relationship:
- Monthly family income (₹):
- Health facility near home:
  - Type:
    - Hospital
    - Health center
    - Any other: If any other (specify)
  - Distance: _____ kms.
  - Transportation facility:
    - Yes
    - No
  - Housing: Type
    - Kutcha
    - Pucca
  - No. of rooms:
  - Toilet: Indian/western/temporary/open
  - Electricity: Yes/No
  - Drinking water source: Tap/well/pond/river/hand/pump

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Dietary History

Health Habits: Functional Health Pattern

- Health perception/health management:
- Nutritional/metabolic:
- Elimination:
- Activity/exercise:
- Sleep/rest:
- Self-perception/self-concept:
- Role relationship:
- Sexuality/reproductive:
- Coping/stress–tolerance:
- Value/belief:
- Other comments/data:

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Review of System

- **General:** The following characteristics of each symptom should be elicited and explored:
  - Onset (sudden or gradual):
  - Chronology:
  - Current situation (improving or deteriorating):
  - Location:
  - Radiation:
  - Quality:
  - Timing (frequency, duration):
  - Severity:
  - Precipitating and aggravating factors:
  - Relieving factors:
  - Associated symptoms:
  - Effects on daily activities:
  - Previous diagnosis of similar episodes:
  - Previous treatments:
  - Efficacy of previous treatments:

- **Ears:**
  - Recent changes in hearing:
  - Compliance with and effectiveness of hearing aid:
  - Itching:
  - Earache:
  - Discharge:
  - Tinnitus:
  - Vertigo:
  - Ear trauma:
  - Cotton swab use:

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- **Nose and sinuses:**
  - Rhinorrhea:
  - Epistaxis:
  - Obstruction of airflow:
  - Sinus pain and localized headache:
  - Itching:
  - Anosmia:
  - Nasal trauma:
  - Sneezing:
  - Watery eyes:
- **Mouth and throat:**
  - Hoarseness or recent voice change:
  - Dental status:
  - Oral lesions:
  - Bleeding gums:
  - Sore throat:
  - Dysphagia:
- **Neck:**
  - Pain:
  - Swelling:
  - Enlarged glands:
  - Increasing headache associated with flexing of the neck:
- **Medical history (general):**
  - Medical conditions and surgeries:
  - Allergies (seasonal as well as others):
  - Medication currently used (prescription, oral contraceptives, over the counter):

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- **Medical history (specific to ENT):**
  - Frequent ear or throat infections:
  - Sinusitis:
  - Trauma to the head or ENT area:
  - ENT surgery:
  - Hearing loss or audiometric screening results indicating hearing loss:
  - Seasonal allergies:
  - Asthma:
  - Chronic cough:
  - Meniere's disease:
  - ENT cancer:

- **Personal and social history (specific to ENT):**
  - Others at home with similar symptoms:
  - Smoking:
  - Alcohol use:
  - Exposure to mould:
  - Frequent immersion of ears in water (e.g., swimming, bathing):
  - Use of foreign object to clean ear:
  - Use of ear protection:
  - Crowded living conditions:
  - Sexual activity:
  - Personal and dental hygiene habits:
  - Exposure to cigarette smoke, wood smoke or other respiratory irritants:
  - Recent air travel or scuba diving:
  - Occupational exposure to toxins or loud noises:

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PHYSICAL ASSESSMENT OF THE EARS, NOSE AND THROAT

- **Vitals:**
  - Temperature:
  - Pulse:
  - Respiration:
  - SpO_2:
  - Blood pressure (BP):
- **General appearance:**
  - Apparent state of health:
  - Appearance of comfort or distress:
  - Color:
  - Nutritional status:
  - State of hydration:
  - Hygiene:
  - Match between appearance and stated age:
  - Difficulty with gait or balance:
  - Piercings and tattoos:
- **Ears inspection:**
  - Pinna:
    - Lesions:
    - Abnormal appearance or position:
    - Look at the skin covering the mastoid process:
    - Behind pinna for redness or swelling:
    - Gently pull the pinna forward:

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- Canal (discharge, swelling, redness, wax, foreign bodies):
- Tympanic membrane: Color, light reflex, landmarks, bulging or retraction, perforation, scarring, air bubbles, fluid level:
- Estimate hearing with watch or whisper test:
- If whisper test fails, perform Weber and Rinne tests with a 512-hertz tuning fork palpation:
- Tenderness over tragus or on manipulation of the pinna:
- Tenderness on tapping of mastoid process:
- Size and tenderness of pre, post auricular and occipital nodes:

- **Nose and sinuses:**
  - Inspection:
    - External (inflammation, deformity, discharge or bleeding):
    - Internal (color of mucosa, edema, deviated or perforated septum, polyps, bleeding):
    - Observe nasal versus mouth breathing:
  - Palpation:
    - Sinus and nasal tenderness:
  - Percussion:
    - Sinus and nasal tenderness:

- **Mouth and throat:**
  - Inspection:
    - Lips (color, lesions, symmetry):
    - Oral cavity (breath odor, color, lesions of buccal mucosa):
    - Teeth and gums (redness, swelling, caries, bleeding):
    - Tongue: Color, texture, lesions, tenderness of floor of mouth:
    - Throat and pharynx (color, exudates, uvula, tonsillar symmetry and enlargement, masses):

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Clinical Record Book for

Adult Health Nursing - II

Salient Features

- The clinical record book for BSc nursing degree is drafted as per the revised nursing syllabus.
- This book will facilitate the students' acquisition of clinical knowledge in several specialized areas, enabling them to display proficient abilities in each of these clinical domains.
- Teachers will be able to monitor their students' progress in the clinicals and provide them feedback and direction as required.
- The clinical record book facilitates the application of theoretical knowledge in practical contexts, enabling students to develop a diverse set of nursing abilities grounded on scientific principles.

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