Skin Assessment

• A&P Review
  - Epidermis - keratin
    - Squamous cells – stratum corneum
    - Basal cells – stratus germinativum
    - Avascular
    - Melanocytes
  - Dermis – collagen
    - Nerves, sensory receptors, blood vessels, lymph
    - Sweat and sebaceous glands

A&P Continued

• Subcutaneous Layer
  - Adipose tissue
  - Cushioning and insulation

• Skin color
  - Melanin
  - Carotene
  - Vascularity

Epidermal Appendages

• Hair – vestigial
• Sebaceous glands – secrete oil
• Sweat glands
  - Ecrine –
    - open directly on to skin
    - sweat to reduce body temperature
  - Apocrine –
    - open into follicles
    - Body odor

Nails

• Hardened keratin plate
• Nail bed is highly vascular tissue underneath
• Generated by nail matrix
• Matrix covered by perungual folds
• Cuticle seals gap between matrix and folds

Skin function

• Protection/Barrier
• Sensation
• Temperature regulation
• Identification
• Communication
• Wound Repair
• Absorption/Excretion
• Vitamin D
Developmental

- Infant
  - Hair
  - Ineffective Temperature regulation
- Puberty
  - Apocrine Function
  - Sebaceous glands
  - Secondary sex characteristics
    - Hair
    - Areola

Aging Adult

- Atrophy of skin structures
  - Subcutaneous fat loss
  - Loss of elasticity
  - Loss of collagen
  - Loss of vascularity
- Increased risk for
  - Infection
  - Breakdown (ulcers)
  - Bruising

History

- Previous history of skin disease
- Changes in pigmentation
- Change in a mole
- Excessive dryness or moisture
- Pruritis
- Rash or lesion
- Medications

History

- Hair loss
- Change in nails
- Environmental or occupational hazards
- Self-care behaviors
- Skin care
- Wounds
- Nail or foot problems
- Diabetes, PVD
- Tanning

Physical Exam

- Inspection and Palpation of Skin
- Skin color – Overall and local
  - Pallor
  - Erythema
  - Cyanosis
  - Jaundice
- Temperature

Physical Exam

- Moisture
- Texture
- Thickness
- Edema
- Mobility and Turgor
- Vascularity or Bruising
Physical Exam

• Lesions
  – ABCDE
  – Size, shape, configuration, distribution
  – Primary or secondary
  – Exudates
  – Blanching

• Inspection and Palpation of Hair and nails
• Hair
  – Color
  – Texture
  – Distribution
  – Lesions

Physical Exam

• Nails
  – Shape and Contour
  – Consistency
  – Color
  – Capillary refill

Vocabulary and Common Findings

• Primary Lesions, pg
• Secondary Lesions, pg
• Vascular Lesions, pg
• Shapes and Configurations, pg
• Other
  – Psoriasis
  – Tinea (capitis, corporis, cruris, pedis, versicolor)
  – Eczema

Vocabulary

• Other continued
  – Alopecia
  – Hirsutism
  – Hirsutism
  – Clubbing of nail
  – Onycholysis
Skin Assessment
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