

Skin Assessment

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Skin Assessment

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

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A&P Continued

- Subcutaneous Layer
 - Adipose tissue
 - Cushioning and insulation
- Skin color
 - Melanin
 - Carotene
 - Vascularity

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Epidermal Appendages

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

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Nails

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

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Skin function

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

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Developmental

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

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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

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History

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

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History

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

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Physical Exam

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

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Physical Exam

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

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Physical Exam

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

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Physical Exam

- Inspection and Palpation of Hair and nails
- Hair
 - Color
 - Texture
 - Distribution
 - Lesions

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Physical Exam

- Nails
 - Shape and Contour
 - Consistency
 - Color
 - Capillary refill

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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

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Vocabulary

- Other continued
 - Alopecia
 - Hirsutism
 - Hirsutism
 - Clubbing of nail
 - Onycholysis

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