

NURC 304 Subjective/Objective Notes

Skin, Hair and Nails

Student Name: Brittany Hackler	Preceptor Name: Therese Wolfe
Patient Initials: K.W.	Date of Exam: 2/10/21
Patient Gender: F	Patient Age: 28
System: Skin, Hair and Nails	
<div style="font-size: 48px; font-weight: bold; margin: 0;">S</div> <div style="margin-top: 10px;">Subjective</div>	Chief Complaint (patient's own words): "I am here with Brittany as her patient for a skills check off."
	History of Present Illness: <i>(include pertinent negatives and positives)</i> Patient states, "I have seen presence of circular red dots on my chest and pimples on my shoulders and back area."
	Past Medical History: Skin: Denies any skin diseases such as allergies, hives, psoriasis, or eczema. Denies any pigmentation or color changes. Denies excessive dryness or moisture to skin, moles, pruritis, excessive bruising. Patient states having presence of red dots on chest and pimples on shoulders and back area. She stated she recently went to the doctor and got a diagnosis of cherry angiomas and back acne. Patient states, "my mother had these on her chest as well. They are on my chest and there is nothing I can do to get rid of them. But the acne comes and goes. I have had this problem since I was a like 16. I also have some scarring to my shoulders because of it." Confirms that angiomas and pimples do not bother her currently. Hair: Patient denies any hair loss, texture changes, lesions, or pests to head and scalp. Nails: Patient denies having nail issues with shape, color, or brittleness. Patient states, "I bite my nails sometimes when I am nervous." Patient denies having exposure to environmental or occupational hazards. Patient states, "I use sunscreen when out in the sun, my mom has gotten skin cancer and I want to be extra careful. I also use a body wash called Neutrogena for my acne on my back. I also have been watching my diet."
	Medications: Skin: Neutrogena Body Clear Body Scrub for acne on upper back.

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Objective

Clinical Exam: Appearance of skin pigmentation is even and consistent, slightly pink-tan, and warm to touch equal bilaterally. Skin is dry with a smooth texture and turgor is normal for age. No edema, jaundice appearance, or erythema noted. Four small cherry angiomas noted to chest area.

Angioma #1 red appearance, measuring 1.5mm, blanchable, located on right infraclavicular region. Angioma # 2 red in appearance, measuring 1mm, blanchable, located on right infraclavicular region below angioma #1. Angioma #3 red in appearance, measuring 2mm, blanchable, located on upper sternal area. Angioma #4 red in appearance, measuring 1.5mm, blanchable located on left infraclavicular region. No other presence of lesions on chest. Two non-pus-filled pustules noted to right shoulder and one non pus-filled pustule to left shoulder. All three pustules blanchable. Scarring noted to both shoulders.

Hair: Distribution even, thin texture, brown hair with no grey, lesions, or pest inhabitants.

Nails: Nail beds pink with instant capillary refill with no clubbing or deformities noted.

Education: Education provide to patient to use the ABCDEF rule when assessing skin for any abnormal areas. Provide explanation of ABCDEF rule and advised to use a well-lighted area, a family member to help search areas that are hard to see and to notify physician or nurse of any abnormal findings. Also provided education on the risks of sun exposure and cancer. Education provided for skin infection risks R/T acne on the back and what to report.