NDI – Nutrition Focused Physical Exam Assignment

1.6.2018

Upon conducting physical examination client body habitus is muscular. Client is a 45 years old male that lives a very active lifestyle. His pulse was 96, and respiration was 24. Skin is intact and has uniform appearance, proper hygiene observed, free of any lesions and rashes. Skin is moist, soft texture, and warm to the touch. Skin feel resilient, move easily when pinched, and return to place immediately when released. Head, client’s hair is black, smooth and evenly distributed. Eyes are full and pupils equal round, no indication dehydration or irritation.

Mouth, client’s oral health is in excellent condition, has own teeth. No abnormal conditions noted no chewing or swallowing issues. Gum is pink in appearance with a clearly defined tight margin at each tooth, free of irritation no signs of inflammation, and teeth are clean and without visible cavity. However lips were cracked possibly due cold weather or excessive lip licking. Tongue is light pink. Nose, No discharge or mucus present.

Neck. No sign of abnormalities, such as enlarge thyroid, or goiter. Upper body – clavicles and deltoids not visible to the eye, shoulders and scapula’s are rounded bones not prominent , arms firm with define muscles. Ribs are not visible.

Lower body abdomen: soft to touch and flat, quadriceps round and firm, calves well developed and muscle is firm to touch. Ankles, feet and toes are bony, has less tissue and fat in surrounding area. During the assessment client was well hydrated no typical signs of dehydration was observed, client has normal body weight for age and height, client has a very muscular body. Client was well nourished no signs or symptoms of malnutrition also no indicators of micronutrient deficiency. Physically client looked healthy, strong and properly nourished.