

Chapter 11

DOCUMENTATION

The following is a sample narrative record from assessment of a 24-year-old African American male.

Nurses Notes:

Subjective Data:

A 24-year-old African American male with no history of skin problems (except “razor bumps”), hair loss, or nail problems. Showers and shampoos daily. Uses antiperspirant after shower. Shaves with a razor every other day. Uses trimmer on fingernails and toenails biweekly. Is not exposed to chemicals or sunlight.



Objective Data:

Skin is dark brown with a pink undertone. Skin color is consistent on all body parts. No varicosities, ecchymosis, or edema. The skin is elastic, moist, and warm on all surfaces except the face. Raised, hard scattered lesions in beard area. No noticeable odors. Hair is clean, thick, soft, and curly and distributed normally on the head. Scalp is clean, dry, and without lesions. Nails are slightly curved, firm with no ridges or pits. Nail beds are pink, and capillary refill is immediate.

ASSESSMENT FORM	
HISTORY	
Problems:	Skin: no hx of problem except “razor bumps” Hair: none Nails: none
Hygiene:	Shower/shampoo daily, antiperspirant daily, shaves with razor daily
Environment:	No chemical/sunlight exposure
PHYSICAL FINDINGS	
Skin:	Color: dark brown, pink undertone Turgor: elastic Moisture: moist Temperature: warm Odors: none Lesions: raised, hard, scattered in beard area
Hair:	Distribution: even Textures: soft Hygiene: clean
Nails:	Contour: curved, firm, no ridges, pits Nail beds: pink Capillary refill: immediate Hygiene: clean