13.7: Learning Activities

Learning Activities

(Answers to “Learning Activities” can be found in the “Answer Key” at the end of the book. Answers to interactive activity elements will be provided within the element as immediate feedback.)

1. During a musculoskeletal assessment, the nurse has the patient simultaneously resist against exerted force with both upper extremities. The nurse knows this is important to perform this assessment on both extremities simultaneously for what reason?
   a. It measures muscle strength symmetry.
   b. It provides a more accurate reading.
   c. It involves more muscle use.
   d. It decreases assessment time.

2. The nurse is testing upper body strength on an adolescent. The test indicates full ROM against gravity and full resistance. How does the nurse document these assessment findings according to the muscle strength scale?
   a. 4 out of 5
   b. 3 out of 5
   c. 5 out of 5
   d. 1 out of 5

3. A young adult presents to the urgent care with a right knee injury. The injury occurred during a basketball game. The
nurse begins to perform a musculoskeletal assessment. **What is the first step of the assessment?**

a. Palpation  
b. Inspection  
c. Percussion  
d. Auscultation

Check your knowledge using this flashcard activity:

Query `$\PageIndex{1}$`