Assessment of the Skin, Hair, and Nails

**Skin Assessment**

**Objective Data**

- **Color & pigmentation**
  - Normal: pink or appropriate for race & even pigmentation
  - Change in pigmentation
    - Vitiligo
  - Widespread skin color changes
    - Pallor
    - Cyanosis
    - Erythema
    - Jaundice

**Skin Assessment – Cont.**

- Widespread Skin Color Changes
  - Pallor
  - Cyanosis
  - Erythema
  - Jaundice
Skin Assessment – Cont.

Pigmentation:
- Vitiligo

Skin Assessment - Cont.

- Temperature
- Moisture
- Turgor
- Lesions
  - describe

Skin Lesions

- Allergic dermatitis
- Diaper Dermatitis
Skin Lesions –Cont.
Signs to alert you for Malignant Melanoma !!!
❖ ABCDE

Skin Lesions –Cont.
Abnormal Characteristics of a Pigmented Lesion

DANGER SIGNS:
❖ ABCDE
❖ Asymmetry
❖ Border irregularity
❖ Color variation
❖ Diameter
❖ Elevation and Enlargement

Hair Assessment
❖ Distribution (evenly distributed, patchy, alopecia)
❖ Thickness (thick, thinning, balding)
❖ Texture (fine/course/smooth)
❖ Infections/infestations
❖ Scalp lesions (scales, masses, nodules)
❖ Note normal changes with aging
Nail Assessment

Assess:
- Nail bed color (translucent with pink nail bed)
- Texture (smooth, ridging, pitting)
- Consistency (firm, spongy)
- Nail angle (< 160 degrees-normal)
- Surrounding tissues
- Note changes with aging: thicker, dull, splitting, longitudinal bands

Nail Assessment-Cont. Nail Angle

Nail Angle: Clubbing

Nail Assessment-Cont. Nail Angle: Clubbing
Nail Assessment-Cont.
Fungal Infection - Onychomycosis

Nail Assessment-Cont.
Paronychia