SEMIOTICS AND SEMIOLOGY OF NURSING: INTRODUCTION TO PHYSICAL EXAMINATION

The book Semiotics and Semiology of nursing, published in 2010 by Editora Atheneu, is a work of authorship of nurse Maria Belén Salazar Posso, PhD in Nursing from the nursing school at the University of São Paulo/USP. This book divided into twelve chapters. Of these, only the first is approached, "Introduction to physical examination", with the collaboration of Andrea Gomes da Costa Mohallem and Dianne Imanichi Fugitt.

The authors begin the chapter addressing about the interview, being "a moment in establishing nurse-patient relationship, which will permeate all nursing care provided." Emphasize the importance of giving during the history taking comfort to the patient and use of a language compatible with the cultural level. In addition, expose the points that should addressed in the interview: identification, Chief complaint, history of present illness, personal and family history. Describe the General rules to perform a physical examination and the instruments and tools for the same, by means of a figure with sphygmomanometer, stethoscope, garrote, flashlight, reflex hammer, spatulas, needles, thermometer, measuring tape and cotton balls.

A unique feature of this chapter is that the authors discuss demarcations of anatomical lines of the thorax and abdomen by means of four figures, making that the reader can associate the theory with the illustrations, facilitating the learning process. As an example, the abdominal region divided and limited in nine imaginary lines, being left and right hypochondrium, epigastrium, right and left flank, mesogástrica region, right and left iliac fossa, and hypogastric region.

The authors discuss the positions that the patient may assume during physical examination that "it should be planned so that the patient does not remain in embarrassing or uncomfortable positions for long periods of time". Underscore the importance of providing privacy and conceptualize the positions: upright, sitting, supine, prone, Sims, lithotomy, genu-pectoral, Trendelenburg and Fowler.

To close the chapter, trace the four methods for the physical examination: inspection: "Act of observe and inspect" and can divided into static, when the patient is at rest and dynamic, linked to movements. Palpation, "use of tact with the goal of exploring bodily surfaces" that analyze and confirm the inspection data; also, the percussion, described as "being struck a light area to be searched" where are found the types of sounds: massive, submaciço and tympanic. However, the authors do not describe the clear sound, quoted by pulmonary other authors of books on clinical examination. Finally, the auscultation: "the application of the sense of hearing to hear sounds or noises produced by organs". The authors claim: to perform proper auscultation, the environment must be silent, the patient should be relaxed and the area to be discovered. Some sounds found during auscultation are the heartbeats, vesicular murmurs, noises and other physiological, not as the adventitious noises.

André Luiz Silva Alvim. Student of nursing course of the Centro Universitário de Belo Horizonte UNA nursing Academic/MG. in Materials and sterilization is Central Hospital Lifecenter CME. Experience as a monitor of the discipline of Semiotics and Semiology of the Centro Universitário UNA. Count-MG, Brazil. Email: andrevolts@hotmail.com
Alvim ALS.

The subjects discussed in this work are of extreme relevance for both working professionals as well as academics. When you know the proper techniques to perform an excellent physical examination, clinical reasoning better developed in practice. When good nurses do an accurate research, contribute to that nursing is increasingly recognized and valued as careful science.

REFERENCE