





# ADVANCED HEALTH ASSESSMENT -SKIN MIDTERM EXAM NEWEST ACTUAL EXM COMPLETE QUESTIONS AND CORRECT DETAILED ANSWERS

inflammatory edema -   CORRECT ANSWER   swelling d/t extracellular fluid effusion surrounding an area of inflammation

noninflammatory edema -   CORRECT ANSWER   swelling d/t mechanical causes

lymphedema -   CORRECT ANSWER   edema d/t obstruction of a lymphatic vessel

Basal cell carcinoma -   CORRECT ANSWER   most common type of Skin cancer

malignant,slow growing- almost never metastasize, can be invasive/destructive

seen in: sun exposure sites, > 40 years old, M>F

appearance: translucent, pearly papule, can be an ulcer w/ rolled border and crust, pink or red, smooth glistening

- a flaky spots that reoccurs/goes away

smokers-by lips

Squamous cell carcinoma -   CORRECT ANSWER   malignant tumor from external carcinogens- sun, arsenic ingestion, x-rays

occurs in: sun exposure sits, > 55, M>F, tobacco & ETOH

appearance: red, scaly patch w/ SHARP MARGINS, 1cm or >, or not, develops central ulcer, any persistent (>1month) nodule, plaque or ulcer is suspicious

actinic keratosis=precancerous for SCC

Actinic Keratosis -   CORRECT ANSWER   scaly plaque precursor to Squamous cell carcinoma, and is in mostly sun exposed areas- w/ yellowish tint

Non-melanoma skin cancers -   CORRECT ANSWER   BCC, SCC- exposure to sun

genetic predisposition-fair ppl

personal hx of skin cancer

family hx

immunosuppression

chemical exposure: arsenic, tars, carbon black, crude paraffin and asphalt

tobacco/ETOH: SCC

epidermis -   CORRECT ANSWER   thin, outmost layer but tough

avascular-gets nourishment from dermis

stratified into zones

stratum of epidermis -   CORRECT ANSWER   corneum, lucidum, granulosum, spinosum , basale

stratum germinativum -   CORRECT ANSWER   forms new cells

major ingredient: keratin, tough fibrous protein

melanocytes found in this layer = skin color

dermis -   CORRECT ANSWER   vascular, inner supportive layer

mostly made of connective tissue or collagen

fibrous protein prevents skin from tearing

where nerves, blood vessels, sensory receptors and lymphatics are

appendages: hair follicles, sebaceous glands, and sweat glands are embedded

Melanin -   CORRECT ANSWER   brownish pigment, is genetically determined and increased by exposure to sunlight

pallor -   CORRECT ANSWER   indicates anemia

jaundice -   CORRECT ANSWER   yellowing of the skin, results from increased bilirubin (arises from the breakdown of heme in the RBCs)

cyanosis -   CORRECT ANSWER   blue color, can indicate decreased oxygen in the blood or decreased blood flow in response to a cold environment

subcutaneous layer of skin -   CORRECT ANSWER   adipose tissue

anchors dermis to muscle/bone

made of lobules of fat cells

stores fat for energy, gives insulation for temperature control

aids in protection by cushioning

Hair -   CORRECT ANSWER   follicle is attached in dermis layer

erector pili -   CORRECT ANSWER   The muscle that causes hair to stand up is called the

2 types of hair - ✓✓ CORRECT ANSWER ✓✓ vellus- fine hair covers most of body  
and terminal- coarse hair- scalp, eyebrows, pubic regions, face/chest of males

nails - ✓✓ CORRECT ANSWER ✓✓ hard plates of keratin, sit on nail plate, average growth  
0.1mm/day; toenails grow slower

sebaceous glands - ✓✓ CORRECT ANSWER ✓✓ make lipid sebum, secreted through hair follicles,  
lubricate skin/hair, found everywhere but palms/soles of hands/feet, more so on scalp, forehead, face,  
chin

2 types of sweat glands - ✓✓ CORRECT ANSWER ✓✓ eccrine-coiled tubes open directly to skin, make  
dilute saline sweat; help control body temp

apocrine- make thick milky secretion opening to hair follicle- found in axillae, anogenital, nipples navel,  
active w/ puberty, bacterial flora reacts w/ apocrine= B.O. smell

functions of skin - ✓✓ CORRECT ANSWER ✓✓ protection, Perception, temperature and BP  
regulation, Vitamin synthesis, excretion, communication, identification, wound repair

common or concerning symptoms of skin - ✓✓ CORRECT ANSWER ✓✓ growths, rashes, hair loss or  
nail changes

most common cancer in US - ✓✓ CORRECT ANSWER ✓✓ skin cancer

Risk assessment of Derm according to different groups - ✓✓ CORRECT ANSWER ✓✓ AA of derm:  
annual total skin assessment

American Cancer society: every 3 years people b/t 20-40, yearly >40

American College of Preventive Medicine: total body skin exam in high risk individuals

American College of Obstetrics and Gynecology: yearly >13 based on risk factors

NIH consensus panel: screening for melanoma part of routine primary care