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Health Assessment and Promotion

Discussion #2

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Psoriasis is “a hereditary chronic inflammatory skin disease with environmental triggers. Plaque psoriasis is a raised, scaly, erythematous patch with silvery scales, often pruritic and painful. Occurs on scalp, extensor surfaces of knees and elbows, lower back. Accompanied by nail pitting, onycholysis.” (Jarvis, 236, 2020). There are different types of psoriasis, but the most common type is plaque psoriasis. Things that put people as risk for developing psoriasis are family history, some types of infections, certain medicines, smoking, and obesity (NIH, 2020). Signs and symptoms include patches of thick, red skin with silvery-white scales that itch or burn, dry cracked skin that itches or bleeds, and thick ridged, pitting nails. The symptoms could come and go. According to the National Institute of Health (NIH) because psoriasis is an inflammatory disease it can increase one’s risk of developing psoriatic arthritis, heart attack, or stroke. (NIH, 2020).

 Fibrocystic Breast Disease (Benign Breast Disease) is when there are multiple tender masses that occur usually between the ages of 30-55 years of age and decrease after menopause. This comes with multiple symptoms and physical findings such as swelling and tenderness, nodularity, dominant lumps (including cysts and fibroadenomas), nipple discharge (including intraductal papilloma and duct ectasia), infections and inflammations (including subareolar abscess, lactational mastitis, breast abscess, and Mondor disease) (Jarvis & Eckhardt, 18 (399), 2020).

 Fibroadenoma’s are benign masses that are most commonly self-detected in late adolescence and early adulthood. From 15-30 years of age but an occur up to 55 years of age. It is a solid nontender mass that is firm, rubbery, and elastic. They are round lobulated and about 1 to 5 cm (Jarvis & Eckhardt, 18 (399), 2020). They are freely moveable, slippery, and can easily slide through tissue. According to Jarvis there usually isn’t any axillary lymphadenopathy. It’s diagnosed by breast exam, ultrasound, and needle biopsy. Surgery is usually reserved for masses >5cm that are continuously enlarging, well defined, multiple masses, or if they are suspicious. They are usually non tender and usually non tender (Jarvis & Eckhardt, 18 (399), 2020).

 Breast Cancer is a “solitary, unilateral, 3-dimensional, usually non tender mass. Solid, hard, dense, and fixed to underlying tissues or skin as a cancer becomes invasive. Borders are irregular and poorly delineated. Grows constantly.” (Jarvis & Eckhardt, 18 (399), 2020). This requires diagnostic mammogram for those over age 30. It is found mostly in the upper outer quadrant and found in women between the ages 30-80 years of age. As cancer advances, signs include firm hard irregular axillary nodes; skin dimpling; nipple retraction, elevation, and discharge. These are serious and needs early treatment. It is important to educate patients on how to perform self-breast exams and regular mammograms as recommended by there healthcare provider. Women need to inspect breasts, supraclavicular and infraclavicular areas, palpate the axillae and regional lymph nodes, and an actual physical exam including nipples areolae including tail of Spence. As healthcare providers it is very important to not only educate your patients but also to educate them on how to perform the self-exam.

Resource:

Jarvis, C. & Eckhardt, A., (2020). Physical Examination & Assessment 8th Edition. Elsevier

copyright. *Skin, Hair, and Nails.* 13(236). *Breasts, Axillae, and Regional Lymphatics*. 18 (399).

National Institute of Health (NIH) National Institute of Arthritis and Musculoskeletal and Skin

Disease. (2020). Psoriasis. Retrieved January 18, 2021 from [Psoriasis Types, Symptoms & Causes | NIAMS (nih.gov)](https://www.niams.nih.gov/health-topics/psoriasis).