by S J

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Neurological Assessment

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Neurological Assessment

Individuals' health plays a key role in their life; however, in many cases, individuals can have significant challenges in the nervous system, resulting in significant challenges in their normal day functioning. Therefore, neurological assessment is done to evaluate for any abnormalities. Stone (2016) defined neurological assessment as an examination of an individual's nervous system comprising the spinal cord, brain, and nerves that link these parts together with other areas in the body. Furthermore, the same source added that a neurologist does the neurological assessment and it comprises of the examination of a person's speech, motor function, reflexes, consciousness of ecosystem including tone and walking capacity as well as the cranial nerves which handle the smell, taste shoulders and the face movement.

Slee (2018) explained that neurological assessment is usually done when an individual has trauma or is experiencing other symptoms such as dizziness, confusion, or seeing. Therefore, the role of the assessment is to identify the nerve damages or illness. When conducting a neurological assessment, several steps need to be followed to ensure all the nerves are tested. The first step is to test the cranial nerves, which control the eyes and jaw muscles as well as the tongue (Stone, 2016). Testing these nerves will help in identifying if there is a problem. For instance, when evaluating an individual sense of smell, they will be provided with a test tube that contains usual odors such as that of cinnamon placed close to their nose and requested to explain the odor.

The next step is the motor system and organization, which is tested by the neurologist beating the impulses with the hammer. This test comprises mobility and balance and thus, individuals need to be able to close their eyes and stretch their arms to touch their nose simultaneously. The next step is sensation which requires the neurologist to check the patient's

capacity to feel (Garner & Lennon, 2018). For example, the neurologist can do this by using various instruments such as a dull needle and place it on the individual's leg or hand and tell them to explain if it is sharp or dull.

The next step is evaluating individuals' reasoning functioning and memory. As Slee (2018), states this will comprise the mental status of the individuals by testing their level of consciousness and relation with their ecosystem. The patient awareness of place will be tested by being asked about their understanding of their area and date. Similarly, other tests conducted on this date are the language and mathematics skills. The last step is to examine the autonomic nervous system, which regulates the body's critical functions, including breathing, digestion and temperature. The neurologist can ask questions regarding the patient blood pressure and intestine movements.

Neurological disorder has become more prevalent in American society; however, many people live with the disease without realizing it. Saylor & Steiner (2018) stated that neurological disorders affect the brain, nerves and the spine. Although most people live with the disease without their awareness, it is vital to understand their symptoms to help get medical attention early. One of the neurological disorders is a headache. Headache is one of the most prevalent disorders and it can occur in various ways, for instance, migraines and tension headaches. When headaches occur several times, the patient needs to visit their physicians because it could be a headache disorder (Saylor & Steiner, 2018).

Moreover, the same source claimed that some of the most known situations that can result in repeated headaches are infections, tumors and high blood pressure. Headaches are caused by the signals interrelating from the brain, blood vessels and other regions around the nerves. This will

result in the activation of the particular nerves, which impacts the muscles and blood vessels, making the nerves send pain signals to the brain.

Another disorder is stroke which is also among the most common diseases. According to Baldassarre et al. (2016), stroke affects more than seven hundred thousand Americans every year. Also, the same source added that stroke happens when an individual experiences damage to the brain due to arteries in the brain are impaired. Therefore, this makes it difficult for healthcare providers to anticipate stroke. Nonetheless, one needs to understand the symptoms and start medication before it becomes severe. Some of the symptoms of stroke comprise blurred vision, which can occur in one or both eyes. Also, an individual may have misunderstandings and challenges speaking. This will make it hard for one to understand what others are saying or respond to their request. Another symptom is loss of balance which is caused by paralysis of the arm or leg. Baldassarre et al. (2016) claimed that paralysis always hinders one side of the body. Doctors always work to ensure they prevent another stroke to patients by using medication. However, those that are not ill can prevent it through doing exercise and eating a healthy diet.

The last neurological disorder is Parkinson's disease. Rocca (2018) emphasized that Parkinson's disease is a progressive nervous disorder that results in trembling, walking, and coordination challenges. Therefore, the symptoms usually start gradually and progress as time moves. Patients can realize the disorder by realizing symptoms such as constipation, which occurs before the motor symptoms, muscle difficulty that occurs in the whole body, making a person unable to walk. Also, the disease is associated with loss of sense of smell and shake, which usually begins on the fingers or hands (Rocca, 2018). Parkinson's disease is linked with certain risk factors of age because the illness is usually progressive and becomes severe at sixty

years. Another factor is hereditary because the disease is associated with the genes as well as sex, where men have more chance of getting the disease than women and exposure.

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