

Head-to-Toe Assessment

Section

HEAD-TO-TOE ASSESSMENT

Physical Assessment using head toe approach

General

General health status
Vital signs and weight
Nutritional status

Mobility and self care

Observe posture
Assess gait and balance
Evaluate mobility
Activities of daily living

Head face and neck

Evaluate cognition
LOC
Orientation
Mood
Language and memory
Sensory function
Test vision
Inspect and examine ears

Test hearing

Cranial nerves
Inspect lymph nodes
Inspect neck veins

Chest

Inspect and palpate breast
Inspect and auscultate lungs
Auscultate heart

Abdomen

Inspect, auscultate, palpate four quadrants
Palpate and percuss liver, stomach, bladder
Bowel elimination
Urinary elimination



Orientation

1

LOC

Alert

Drowsy

Lethargic

Stuporous

Coma

2

Person

Pt is alert to person

3

Place

Pt is alert to place

4

Time

Pt is alert to time

5

Situation

Pt is alert to Situation

Vitals

6

Temperature

36.8

7

Respirations

24

8

Blood Pressure

174/102

9

Pulse Oximetry

97

Head

10

Hair

Full hair distribution on scalp and normal hair distribution on arms and legs

11

PERLA

Pupils equal, round and reactive to light and accommodation. No neurological deficits.

12

Nose

Nose somewhat large but smooth and symmetric. Able to sniff through each nostril. Nasal septum slightly deviated to the left, but does not obstruct airflow. Inferior and middle turbinates dark pink, moist, and free of lesions. No purulent drainage noted. Frontal and maxillary sinuses are nontender to palpation and percussion.

13

Ears

Ears are equal in size bilaterally. Auricles are aligned with the corner of each eye. Skin smooth, no lumps, lesions, nodules. No discharge. Nontender on palpation. Small amount of moist yellow cerumen in external canal. Whisper test : patient repeats 2 syllable word.

14

Mouth:

Midline Tongue_____

Moist_____

Lesions_____

Dentition_____

Lips pink, smooth, and moist without lesions. Buccal mucosa pink, moist, and without exudates. Stensen/s ducts visible with no redness or swelling. 32 white to yellowish teeth present. Gums pink without redness or swelling. Protrudes geographic tongue in midline with no tremors. Equal bilateral strength in tongue. Ventral surface of tongue smooth and shiny pink with small visible veins present. Frenulum in midline. Soft palate smooth and pink. Tonsillar pillars pink and symmetric.

Neck

15

Carotid Pulse

16

Select all that apply

JVD +

Trachea Midline

Chest

17

Apical Pulse

91

18

Select all that apply

Muffled

Arrhythmia

19

Breath Sounds

Anterior_____

Posterior_____

Lateral_____

Anterior Breath Sounds are clear Posterior Breath Sounds are clear Lateral Breath Sounds are clear

20

Chest Symmetry

Chest is symmetry

21

Skin Turgor (clavicle)

WNL

Abdomen

22

Inspection

Skin of abdomen is free of striae, scars, lesions, or rashes. Umbilicus is midline and recessed with no bulging. Abdomen is flat and symmetric with no bulges or lumps. No bulges noted when patient raises head. No peristaltic movements seen. Soft clicks and gurgles heard at a rate of 15 per minute. Percussion reveals generalized tympany over all four quadrants. No tenderness or guarding in any quadrant with light palpation. Umbilicus and surrounding area free of masses, swelling, and bulges.

23

Auscultation

LUQ Active

LUQ Hyper

LUQ Absent

RUQ Active

RUQ Hyper

RUQ Absent

LLQ Active

LLQ Hyper

LLQ Absent

RLQ Active

RLQ Hyper

RLQ Absent

24

Palpation

o tenderness or guarding in any quadrant with light palpation. Umbilicus and surrounding area free of masses, swelling, and bulges.

Upper Extremities

25

Radial pulses equal, +2

WNL

26

Temp Vs Trunk

Warm

Cool

27

Grip equal and strong

WNL

28

Capillary refill <3 seconds

WNL

29

Vein filling rapid

WNL

Lower Extremities

30

Hair Present

WNL

31

Edema

WNL

32

Foot strength

WNL

33

Homain's (+/-) Claudication (+/-)

34

Temp vs Trunk

Warm

Cool

35

Nails

Nails neatly trimmed, 160-degree angle at base.

36

Nails-Select all that apply

Yellowed

Thickened

Ingrown

37

Pedal Pulse

R (palp/doppler)

L (palp/doppler)

R-Palp 91 L Palp 91

ROM

38

Upper R

WNL

39

Upper L

WNL

40

Lower R

WNL

41

Lower L

WNL

42

Sensation

WNL

Strength

43

Upper R

WNL

44

Upper L

WNL

45

Lower R

WNL

46

Lower L

WNL

General Assessment

47

Weight

120 kg

48

Height

175 cm

49

BM

41.3

Pain Assessment

50

Pain

Acute

Chronic

51

Intensity

1

2

3

4

5

6

7

8

9

10

52

Location

PT denies pain

53

Duration

Denies Pain

54

Characteristics

Pt denies pain

55

Precipitation

Enter your answer

56

Frequency

Enter your answer

57

Non-verbals

Enter your answer

58

Relief Factors

Enter your answer

59

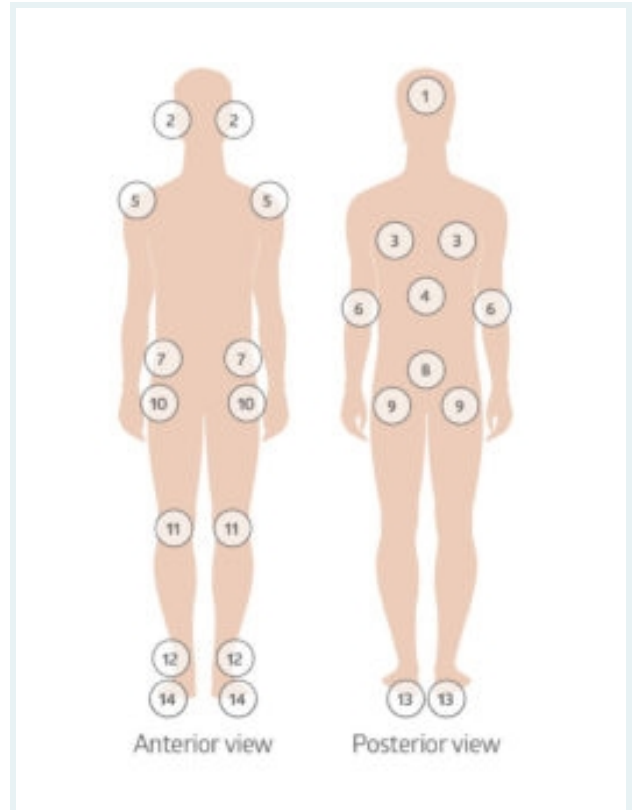
Sleep

Enter your answer

Skin Assessment

60

List the numbered area followed by the description



Skin pink, warm, dry and elastic. No lesions or excoriations noted. Old appendectomy scar right lower abdomen 4 inches long, thin, and white. Sprinkling of freckles noted across cheeks and nose. Hair brown, shoulder length, clean, shiny. Normal distribution of hair on scalp and perineum. Hair has been removed from legs, axillae. Nails form 160 degree angle at base, are hard, smooth, and immobile. Nailbeds pink without clubbing. Cuticles smooth, no detachment of nailplate. Hands well-manicured with clear enamel.

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Assessment Completed By:
Enter Full Name, Title, Date and Time

Christina Zweber, RN

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