

Head To Toe Assessment



05 Different color

Head To Toe Assessment

Name: _____ Admit Date: _____ Time: _____

Sex: _____ Age: _____ Weight: _____ Room: _____

Assessment Conducted By: _____

LEVEL OF CONSCIOUSNESS

- Alert, awake and responsive.
- Somnolent/sleepy.
- Lethargic: very drowsy, falls asleep in between care.
- Confused: note that confusion can occur anywhere along this spectrum and is not always present prior to the patient becoming somnolent/lethargic, etc.
- Stupor: difficult to arouse.

ORIENTATION

- Do you know where you are?
- Do you know what month it is?
- Who is the current U.S. president?
- What are you doing here?

M&O-4 = Oriented to Person, Place, Time and Situation.

RESPONSIVENESS

- Cries
- Cooperative
- Incontinent

UPPER EXTREMITIES

- Shoulder (Shrug/Strong / Weak/ Unable)
- Grip strength: _____
- Range of motion: _____
- Capillary refill: _____
- Radial pulse: _____

HAIR

- Evenly distributed
- Unevenly distributed
- Neatly Groomed
- Dirty
- Clean
- Thick/ Full Volume
- Sparse / hair loss
- Others: _____

HAIR

- No
- Yes

- Location: _____
- Intensity: _____ /10
- Quality: _____
- Aggravating Factors: _____
- Alleviating Factors: _____
- Duration/Frequency: _____

LEG

- _____
- _____
- Ask about BM & Urine
- Palpate

Head To Toe Assessment

LUNGS

- Unlabored
- Regular
- Rates
- Rhonchi
- Wheezing
- Coarse
- Crackles

Smoothness of breath

- At rest
- with exertion

HEART

- I&B
- Edema
- JVD
- Abnormal ECG
- Pulse Assessment
- Chest Pain
- Abnormal Heart Sounds

NOSE

- Assess Patency
- Ensure Sense of Smell
- Inspect septum + turbinates

MOUTH

- Inspect lips / Mucosa
- Assess Teeth + Gums
- Check hard + soft palate

THROAT

- Inspect uvula
- Test CN XI move tongue side to side
- Test CN XI "say ahhhh"

EYES

- PERLA - pupils, equal, round, reactive
- Check for tracking
- Pupillary response with pen

NECK

- Ask about any pain / tenderness
- Palpate throat
- ROM - "no" "yes" motion

ABDOMEN

- Observe (even, flat distended)
- Auscultate (4 quadrants)
- Ask about BM & urinary
- Complaints, Nausea, Vomiting

VITAL SIGNS

- Temperature: _____
- Pulse: _____
- Respirations: _____
- Blood Pressure: _____

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