

# 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 comatose, lethargic, etc.
- ☐ Stunned/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?
- A&O x4 = Oriented to Person, Place, Time and Situation.

### RESPONSIVENESS

- ☐ Calm
- ☐ Cooperative
- ☐ Anxious

### UPPER EXTREMITIES

- ☐ Shoulder (strong/strong / Weak/ unstable)
- ☐ 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

- ☐ Skin (even, flat, dry)
- ☐ Auscultate (4 quadrants)
- ☐ Ask about BM & Urine
- ☐ Palpate

## Head To Toe Assessment

### LUNGS

- ☐ Unilateral
- ☐ Regular
- ☐ Rales
- ☐ Rhonchi
- ☐ Wheezing
- ☐ Coarse
- ☐ Crackles
- ☐ Shortness of breath
- ☐ At rest ☐ With exertion

### HEART

- ☐ HR
- ☐ Edema
- ☐ JVD
- ☐ Abnormal ECG
- ☐ Pulse Assessment
- ☐ Chest Pain
- ☐ Abnormal Heart Sounds

### HEAD AND FACE

- ☐ Inspect for size, shape, and contour
- ☐ Inspect for protrusion, depression, or posterior prominences.
- ☐ Inspect for less pronounced facial features.
- ☐ Inspect for facial features which may alter facial features.
- ☐ Inspect for facial features: Bell's palsy, Down syndrome, Marfan's disease, Myxedema, Cushing's, Cretinism, etc.

### GENERAL AND HEALTH

- ☐ Inspect for color
- ☐ Inspect for moisture
- ☐ Inspect for temperature
- ☐ Inspect for texture
- ☐ Inspect for shape
- ☐ Inspect for size
- ☐ Inspect for position
- ☐ Inspect for movement
- ☐ Inspect for sound
- ☐ Inspect for smell
- ☐ Inspect for taste
- ☐ Inspect for touch
- ☐ Inspect for pain
- ☐ Inspect for pressure
- ☐ Inspect for vibration
- ☐ Inspect for position
- ☐ Inspect for size
- ☐ Inspect for shape
- ☐ Inspect for texture
- ☐ Inspect for temperature
- ☐ Inspect for moisture
- ☐ Inspect for color

### LOWER EXTREMITIES

- ☐ Inspect for color
- ☐ Inspect for moisture
- ☐ Inspect for temperature
- ☐ Inspect for texture
- ☐ Inspect for shape
- ☐ Inspect for size
- ☐ Inspect for position
- ☐ Inspect for movement
- ☐ Inspect for sound
- ☐ Inspect for smell
- ☐ Inspect for taste
- ☐ Inspect for touch
- ☐ Inspect for pain
- ☐ Inspect for pressure
- ☐ Inspect for vibration
- ☐ Inspect for position
- ☐ Inspect for size
- ☐ Inspect for shape
- ☐ Inspect for texture
- ☐ Inspect for temperature
- ☐ Inspect for moisture
- ☐ Inspect for color

### 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 ahah"

### EYES

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

### NECK

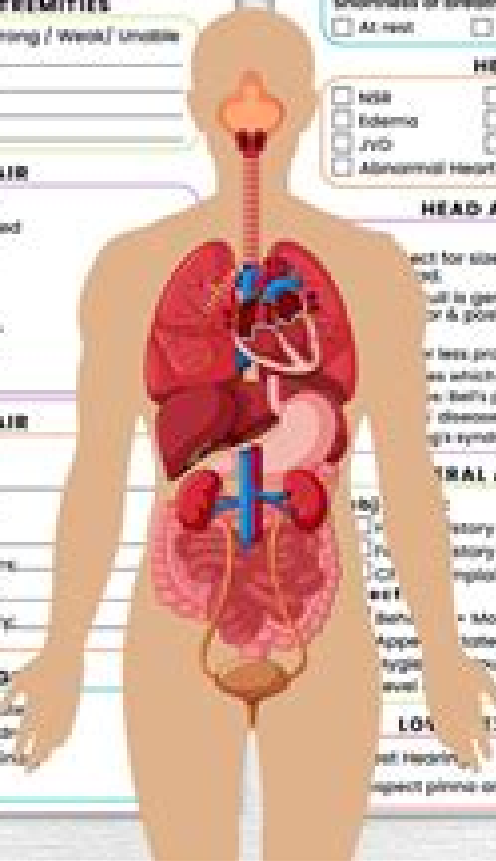
- ☐ Ask about any pain / tenderness
- ☐ Palpate throat
- ☐ ROM - "no" "yes" motion

### ABDOMEN

- ☐ Observe (even, flat distended)
- ☐ Auscultate (4 quadrants)
- ☐ Ask about BM & Urinary
- ☐ Complaints, Issues, Vomiting

### VITAL SIGNS

- ☐ Temperature: \_\_\_\_\_
- ☐ Pulse: \_\_\_\_\_
- ☐ Respirations: \_\_\_\_\_
- ☐ Blood Pressure: \_\_\_\_\_



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# Head To Toes Assessment Guide

**R Sanford**



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