

HEAD TO TOE ASSESSMENT

Before the Exam

- Ensure privacy and keep the room at a comfortable temperature
- Sit/stand at eye level + make good eye contact
- Use open-ended questions to gather unbiased information

General & Health History

SUBJECTIVE →

1. Health history
2. Family history
3. Chief complaint

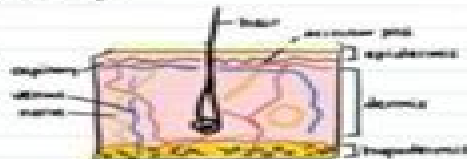
OBJECTIVE →

1. Behavior + mood
2. Appears stated age
3. Hygiene + nourishment level
4. Posture and mobility
5. Level of consciousness
 - ↳ Alert? Oriented?

Integument

Inspect skin...

1. Color
2. Moisture
3. Texture
4. Turgor
5. Lesions



Head & Eyes

1. Inspect + palpate hair, scalp + face
2. Test CN VII - have pt. smile, frown, show teeth, frown + puff cheeks
3. Inspect sclera, iris + conjunctiva for any discoloration/abnormalities
4. Test vision - Snellen Chart
5. Check pupils are equal, round and reactive to light + accommodation



Neurological + Mental Status

1. Assess speech pattern
2. Orientation to person, place, time and situation
3. Assess recent and remote memory
4. Screen for depression + anxiety
5. Ensure the client's thought process is logical and coherent
6. Assess mood + facial expression

Inspection →

Look + smell

Palpation →

Feel texture + consistency with palms + fingertips

Percussion →

Tap to assess firmness / symmetry

Auscultation →

Listen for sounds

Ears

1. Test hearing
2. Inspect pinna and inner ear

Nose

1. Assess patency
2. Ensure sense of smell
3. Inspect septum + turbinates

Mouth

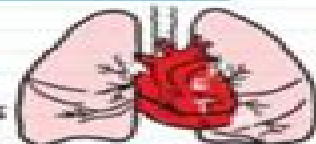
1. Inspect lips/mucosa
2. Assess teeth + gums
3. Check hard + soft palate

Throat

1. Inspect uvula
2. Test CN IX "Say ahhhh"
3. Test CN XI "Move tongue side to side"

Lungs + Cardiovascular

1. Inspect anterior and posterior chest
2. Percuss lung fields
3. Palpate Apical pulse
4. Auscultate lung sounds
5. Auscultate heart sounds



- Aortic - 2nd right intercostal space
- Pulmonic - 2nd left intercostal space
- Erb's - 3rd Left intercostal space
- Tricuspid - 4th Left intercostal space
- Mitral - 5th intercostal space at midclavicular

Abdomen → GI & GU

1. Inspect contour, symmetry
2. Auscultate for bowel sounds
3. Percuss all 4 quadrants
4. Palpate all 4 quadrants
5. Assess bladder + voiding habits

Extremities - Musculoskeletal

1. Assess ROM + muscle strength
2. Check for + grade any edema
3. Inspect posture + gait
4. Test deep tendon reflexes



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Zhe Xu



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