

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 Thrug: 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

- ☐ 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

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

HEAD AND FACE

- ☐ Inspect for size, shape, and contour
- ☐ Inspect for color
- ☐ Skull is generally round with no anterior or posterior prominences.
- ☐ Facial features are less pronounced facial features.
- ☐ Facial features which may alter facial features: Bell's palsy, Down syndrome, Marfan's disease, Myxedema, Cushing's disease, Cushing's syndrome

GENERAL AND HEALTH

- ☐ History
- ☐ Presenting Complaint
- ☐ Chief Complaint
- ☐ Sensation = Mood
- ☐ Appetite
- ☐ Weight
- ☐ Hydration Level
- ☐ Level of consciousness

LOWER EXTREMITIES

- ☐ Inspect
- ☐ Inspect plantar and inner ear

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

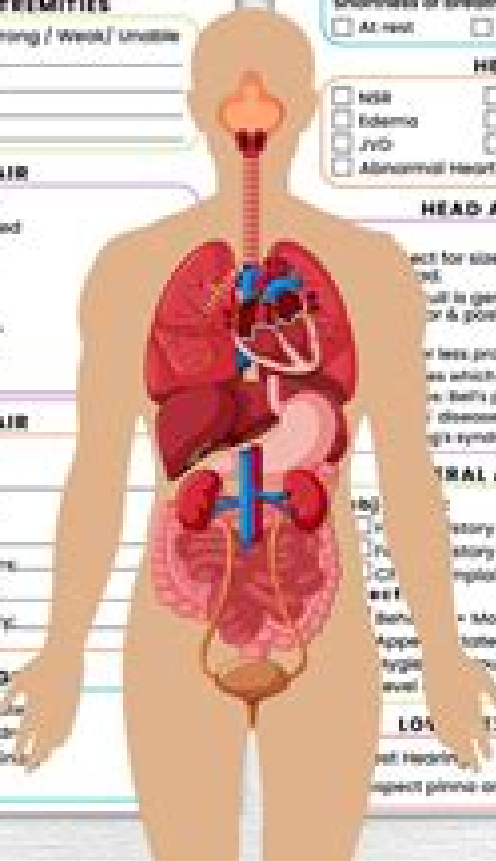
- ☐ Ask about any pain / tenderness
- ☐ Palpate throat
- ☐ ROM - "no" "yes" motion

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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Table of Contents Head To Toe Documentation Nursing

1. Understanding the eBook Head To Toe Documentation Nursing
 - The Rise of Digital Reading Head To Toe Documentation Nursing
 - Advantages of eBooks Over Traditional Books
2. Identifying Head To Toe Documentation Nursing
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Head To Toe Documentation Nursing
 - User-Friendly Interface
4. Exploring eBook Recommendations from Head To Toe Documentation Nursing
 - Personalized Recommendations
 - Head To Toe Documentation Nursing User Reviews and Ratings
 - Head To Toe Documentation Nursing and Bestseller Lists
5. Accessing Head To Toe Documentation Nursing Free and Paid eBooks
 - Head To Toe Documentation Nursing Public Domain eBooks
 - Head To Toe Documentation Nursing eBook Subscription Services
 - Head To Toe Documentation Nursing Budget-Friendly Options

6. Navigating Head To Toe Documentation Nursing eBook Formats
 - ePub, PDF, MOBI, and More
 - Head To Toe Documentation Nursing Compatibility with Devices
 - Head To Toe Documentation Nursing Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Head To Toe Documentation Nursing
 - Highlighting and Note-Taking Head To Toe Documentation Nursing
 - Interactive Elements Head To Toe Documentation Nursing
8. Staying Engaged with Head To Toe Documentation Nursing
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Head To Toe Documentation Nursing
9. Balancing eBooks and Physical Books Head To Toe Documentation Nursing
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Head To Toe Documentation Nursing
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Head To Toe Documentation Nursing
 - Setting Reading Goals Head To Toe Documentation Nursing
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Head To Toe Documentation Nursing
 - Fact-Checking eBook Content of Head To Toe Documentation Nursing
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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