

Head to Toe Assessment Cheat Sheet

Patient's Name: _____ Clinician's Full Name: _____

Date and Time Conducted: _____ dd / mm / yyyy

Check if the patient is alert, drowsy, lethargic, etc.

Notes:

Ask about time, place, person, and situation.

Notes:

Check temperature, blood pressure, heart rate, respiratory rate, height, and weight.

Notes:

Check the distribution/condition of hair. Check if the scalp has bumps, nits, or lesions. Palpate the skull for tenderness. Check if facial movements are symmetrical. Check for any sharp and dull sensations on the face.

Notes:

Check symmetry. Check eyebrow and eyelash distribution. Check the conjunctiva, sclera, and cornea. Check if pupils are equal, round, and reactive to light and accommodation. Check the cardinal positions of the gaze. Have the patient use the Snellen chart.

Notes:

Check neck range of motion. Check if the shoulder shrug has resistance. Check for lymph nodes. Palpate neck and trachea. Check for JVD. Check temp vs. trunk

Notes:

Do lung auscultation. Check for respiration exclusion. Palpate thorax. Check for spinal curvature. Check for the presence of coughing. Listen to anterior, posterior, and lateral breath sounds

Notes:

Palpate carotid and temporal artery. Do a heart auscultation. Check apical pulse. Check chest symmetry. Check for any skin turgor

Notes:

Check ROM and strength. Check arm pulses - brachial and radial. Check capillary refill time. Check for skin turgor. Check if they're feeling any sharp or dull sensation. Check if the grip is equal and strong. Check vein filling rapid time.

Notes:

Check strength and ROM. Check capillary refill time. Check leg pulses and pedal pulse. Check for any sharp and dull sensation. Assess their gait. Check for the presence of edema. Check foot strength. Check temp vs. trunk. Check the condition of the nails. Check for claudication.

Notes:

Inspect/palpate auricle. Check inside the ear/tympanic membrane. Conduct the Weber's test. Conduct the Rinne test. Conduct the Whisper test.

Notes:

Check for presence of pubic hair. Check for any presence of tenderness, lumps, or lesions.

Notes:

Palpate nose/symmetry check. Check the septum and inside nostrils. Have them breathe through each nostril (patency of nares). Check if their capability to smell is intact. Palpate sinuses.

Notes:

Palpate breasts

Notes:

Check if moistness and color of lips. Check teeth & gums. Check buccal mucosa & palate. Examine tongue. Inspect uvula & tonsils. Palpate jaw joint. Check for any lesions.

Notes:

Additional Notes: