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HEAD-TO-TOE ASSESSMENT

Student:
Date:

Patient Initials:	Age:	Gender:	Room #:
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VITAL SIGNS

Temperature:	Pulse:	Respiration:
B/P:	SpO ₂ :	Pain:

NEURO

- Alert and oriented times' person, place, time (A&O x 1,2,3)
- Responds appropriately, inappropriately?
- Confused, re-orient
- Inspect pupil size and reactivity (1mm, 2mm, etc./ brisk, sluggish, fixed/ dilated)
- Inspect facial symmetry – observes, have patient smile. Does one side of mouth or face droop?

INTEGUMENTARY

- Palpate skin for warm, cool or hot? (Be sure to note extremities – not just centrally)
- Inspect skin - dry, moist, diaphoretic (extremities as well), skin turgor and skin condition
- Inspect skin color – pink, pale, brown, yellow, mottled
- Inspect wounds? Rashes? Bruising?

CARDIAC/CIRCULATORY

- Peripheral pulses – apical pulse, radial, pedal, posterior tibial, popliteal +1, +2, +3 (weak-bounding)
- Capillary refill < 3 sec.
- Edema present 1-4 pitting? JVD? (Jugular venous distention)
- Heart sounds – S1-S2 – try to listen for extra sounds. Listen at all 5 points

PULMONARY (RESPIRATORY)

- Auscultate bilateral breath sounds in all lobes (posteriorly and anteriorly): clear, even and unlabored? Shallow? Deep? Labored?
- Auscultate for crackles, wheezes, rhonchi, Cheyenne-Stokes pleural friction rub?



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- Auscultate respiration characteristics: tachypnea, orthopnea, dyspnea
- Inspect oxygen therapy: type of oxygen delivery – on room air, nasal cannula or mask and amount? Oxygen saturation vis pulse oximeter

GASTROINTESTINAL (ABDOMEN)

- Inspect the shape of abdomen –flat, round, obese, firm, distended?
- Auscultate bowel sounds in all 4 quadrants (BS + x 4 quads) – active, hypoactive, hyperactive, absent?
- Assess the diet – appetite and fluid intake? What percentage of meals? Tube feedings (nasogastric [N/G] tube or gastrointestinal [G/T] tube)?
- Palpate abdomen for masses, tenderness, and bowel movement; inspect and palpate description of colostomy or ileostomy stoma; assess the amount and consistency stool and last bowel movement – diarrhea, constipation, blood in stool?

URINARY

- Inspect urinary output. Amount, color, clarity, sediments, odor; presence of catheters (Foley, nephrostomy, suprapubic, ureteral, voiding, include ureterostomy) stoma assessment
- Assess difficulty or unable to void. Signs/symptoms of infection?

MUSCULOSKELETAL (MOBILITY)

- Moves all extremities (MAE). MAE x 4. Inspect for numbness? Pain-Pain Scale?
- Have patient grip your hands and lift feet – check for weakness. Gait and level of tolerance?
- Wheelchair? Walker? Crane? Crutches? Up ad lib or bedrest?