**HEAD TO TOE ASSESSMENT**

**HEAD**
- Inspect head-size; shape-still; upright; symmetric round; erect, midline, no lesions-hard, smooth

**FACE**
- Symmetry, features, expression, skin - sinuses
- temporal Artery
- temporomandibular joint (have client open mouth)

**CARDIAC**
- Heart rate
- Apical pulse
- Heart Sounds
- LUBB, DUBB
- APTM

**ABDOMEN**
- Bowel sounds
- Inspect abdominal area - flat, distended, concave, convex
- Palpate area in little circles along with percuss organs

**HANDS**
- Check radial pulses
- Check capillary refill
- Check edema
- Check nail beds
  - Shape
  - Texture
  - Color marking
  - Cleanliness

**FEET**
- Edema
- Check pedal pulses
- Check capillary refill

**EYES**
- Perrla-pupils, equal, round reactive, light, accommodation eyelids, eyelashes

**NOSE**
- External and internal nose, airflow

**MOUTH**
- Check tonsils
- Check tongue
- Check gums
- Teeth, lips
- Moist pink mucous membrane

**LUNGS**
- Inhale, Exhale Phase
- Breath Sounds
- Equality In Both Lungs
- RR, Depth Character
- Accessory Muscle Use

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**HEAD TO TOE ASSESSMENT**

**EARS**
- Inspect auricle, tragus, lobule (note any lesions, discolorations, discharges)- external auditory canal
- Tympanic membrane-color, shape, consistency and marks

**HAIR**
- Thinness or thickness
- Check Scalp
- Assess color

**NECK**
- Palpate carotid arteries
- Check carotid pulse
- Check lymph node

**BACK**
- Percuss for Kidney
- Lung sounds

**SKIN**
- Braden Scale
- Skin Color-pale, flushed, cyanotic
- Skin turgor-hand or clavicle
- Note any moisture, redness, edema, temperature

**ROM**
- Check hands
- Check feet
- Check legs
- Check arms
- Check for equal strength in extremities

**KEY**
- Pulses
- Pressure
- Lungs
- Cardiac

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