

HEAD-TO-TOE ASSESSMENT CHECKLIST

VITALS

NEURO

SAFETY

HEAD

CV

SKIN

RESP

GI

GU

HEAD-TO-TOE ASSESSMENT CHECKLIST

Patient: _____
Age/Sex: _____ Room: _____
Allergies: _____
Diagnosis: _____
Pn/Mn: _____

VITALS
BP _____
HR _____
RR _____
SpO2 _____
Temp _____

SAFETY
☐ Fall hazard
☐ Suction living
☐ Oxygen
☐ Oxygen attachment
☐ Oxygen simple mask
☐ Oral suction and tubing

NEUROLOGICAL

MENTAL STATUS & LOC

- ☐ Awake
- ☐ Alert
- ☐ Calm
- ☐ Cooperative
- ☐ Orients
- ☐ Restless
- ☐ Confused
- ☐ Sedated

ORIENTATION

- ☐ Person
- ☐ Place
- ☐ Time
- ☐ Situation

PAIN

- ☐ ____/10
- ☐ Location _____
- ☐ Onset _____
- ☐ Duration _____
- ☐ Quality _____
- ☐ Headache
- ☐ Dizziness
- ☐ Numbness
- ☐ Tingling
- ☐ Weak, falls

ASK PATIENT

- ☐ Headache
- ☐ Dizziness
- ☐ Numbness
- ☐ Tingling
- ☐ Weak, falls

ASSESS

- ☐ PERRLA
- ☐ Pupils
- ☐ Facial drooping
- ☐ Difficulty swallowing
- ☐ Grip strength
- ☐ Dorsi flexion
- ☐ Plantar flexion
- ☐ Sensation

CARDIOVASCULAR

ASK PATIENT

- ☐ Chest pain
- ☐ Palpitations
- ☐ Calf pain
- ☐ Feet pain

INSPECT

- ☐ Pallor or cyanosis
- ☐ JVD
- ☐ Color
- ☐ Warmth
- ☐ Swelling
- ☐ Edema

AUSCULTATE

- ☐ Apical HR _____
- ☐ Murmur
- ☐ Muffled
- ☐ Distinct
- ☐ Extra sound

PALPATE

- ☐ Brachial pulse
- ☐ Radial pulse
- ☐ DAP pulse
- ☐ PP pulse
- ☐ Cap refill
- ☐ Edema +1/+2/+3/+4

HEAD & FACE

- ☐ Teeth or gum issues
- ☐ Glasses
- ☐ Hearing aids
- ☐ Dentures
- ☐ Vision issues
- ☐ Hearing issues
- ☐ Oral cavity

RESPIRATORY

Oxygen _____ L/min
FIO2 _____ %

INSPECT BREATHING

- ☐ Rhythm _____
- ☐ Symmetrical expansion
- ☐ Unlabored
- ☐ Deep
- ☐ Shallow
- ☐ Accessory muscle use
- ☐ Trachea at midline

ASK PATIENT

- ☐ Cough (Productive?)
- ☐ SOB

AUSCULTATE



- ☐ Clear
- ☐ Decreased
- ☐ Normal
- ☐ Wheezes
- ☐ Crackles
- ☐ Coarse crackles
- ☐ Rhonchi
- ☐ Puffing out

INTEGUMENTARY

- ☐ Color _____
- ☐ Temp _____
- ☐ Moisture _____
- ☐ Turgor _____



- ☐ Dressing
- ☐ Pressure ulcer
- ☐ Wound

GASTROINTESTINAL

ASK PATIENT

- ☐ Last BM _____
- ☐ Flatus
- ☐ Constipation
- ☐ Diarrhea
- ☐ Difficulty eating
- ☐ Nausea
- ☐ Vomiting

INSPECT ABDOMEN

- ☐ Flat
- ☐ Rounded
- ☐ Concave
- ☐ Distended
- ☐ Obese

AUSCULTATE



- ☐ Present
- ☐ Hyperactive
- ☐ Hypoactive
- ☐ Absent
- ☐ Tym

PALPATE

- ☐ Guarding
- ☐ Distended
- ☐ Flat
- ☐ Soft
- ☐ Firm
- ☐ Tenderness
- ☐ Mass

GENITOURINARY

- ☐ Pain
- ☐ Burning
- ☐ Urgency
- ☐ Frequency
- ☐ Incontinence

Simple Guide For Head To Toe Assessment

Lucinda K. Lysen



Simple Guide For Head To Toe Assessment:

Cert Basic Training Instructor's Guide Government Publishing Office,2017-11-15 FEMA s Community Emergency Response Team CERT Basic Training Instructor Guide is a critical program in the effort to engage everyone in America in making their communities safer more prepared and more resilient when incidents occur Community based preparedness planning allows you and others interested from your community to prepare for and respond to anticipated disruptions and potential hazards following a disaster As individuals we can prepare our homes and families to cope during that critical period Through pre event planning neighborhoods and worksites can also work together to help reduce injuries loss of lives and property damage Neighborhood preparedness will enhance the ability of individuals and neighborhoods to reduce their emergency needs and to manage their existing resources until professional assistance becomes available The purpose of the CERT Basic Training is to provide you and others in your community who complete this course with the basic skills that they will need to respond to their community s immediate needs in the aftermath of a disaster when emergency services are not immediately available This course will be beneficial to individuals who desire the skills and knowledge required to prepare for and respond to a disaster Instructors for these community courses usually range from skilled fire and rescue instructors that have completed the CERT Train the Trainer course and are knowledgeable about the CERT model different types of hazards that present greatest risks for communities local building structures that may present greatest hazard in disaster events community s emergency operation plans and licensed Paramedics or Emergency Medical Technicians and nurses for providing hands on knowledge relating to disaster medical operations Related items FEMA s companion product CERT Basic Training Participant Manualcan be found here <https://bookstore.gpo.gov/products/sku/027-002-00627-5> Emergency Management First Responders publications can be found here <https://bookstore.gpo.gov/catalog/security-defense-law-enforcement/emerg> Audience As each CERT is organized and trained in accordance with standard operating procedures developed by the sponsoring agency its members select an Incident Commander Team Leader IC TL and an alternate and identify a meeting location or staging area to be used in the event of a disaster This publication is ideal for the chosen IC TL and members of the CERT may want to consult this manual to understand the responsibilities of the IC TL Professional Guide to Assessment ,2006 Provides in depth detailed essential how to information about patient assessment for all health professionals Physical Assessment for Nurses Simplified Mark Aquino MSN RN,2024-05-11 Physical Assessment for Nurses Simplified is an essential guide designed to streamline the learning and application of physical assessments for nurses Organized according to a 14 point review of systems this book aligns with the core areas frequently evaluated in patient examinations making it a valuable educational resource for nursing professionals Book Description Physical Assessment for Nurses Simplified serves as a comprehensive toolkit for both aspiring and experienced nurses enhancing their capabilities in conducting thorough physical evaluations This book is meticulously structured to cover all essential

aspects of patient assessment through 14 detailed chapters each dedicated to a specific body system from general health skin and head to more specialized areas such as the cardiovascular and neurological systems Starting with the basics the book introduces the importance of a detailed physical assessment and provides fundamental techniques and tips on how to effectively use this resource Each chapter dives deep into specific examination procedures offering step by step guides on techniques from skin inspection and palpation to advanced cardiac and neurological assessments This approach ensures that nurses can quickly identify and address various health conditions recognize early signs of disease and effectively monitor ongoing issues Highlights include Detailed chapters on each major body system providing focused examination techniques and identifying key symptoms and signs Practical tips on recognizing common disorders and effectively documenting findings Appendices featuring reference tables for normal versus abnormal findings quick guides for system assessments and a comprehensive glossary of terms

Physical Assessment for Nurses Simplified is more than just a textbook it is a practical guide that prepares nurses for real world medical settings The book emphasizes the importance of a systematic approach to physical examination equipping nurses with the knowledge to perform confident and accurate assessments This guide is an indispensable resource for anyone in the nursing field facilitating continuous learning and skill enhancement necessary for high quality patient care Whether you are a nursing student eager to learn the ropes or a seasoned practitioner looking to refresh your physical assessment skills this book offers the tools you need to succeed in the fast paced and ever evolving field of nursing

Importance of a Thorough Physical Assessment A thorough physical assessment is integral to the nursing profession It allows nurses to gather vital data about a patient s health aiding in the early detection of diseases evaluation of the effectiveness of treatment plans and making informed decisions about further diagnostic tests The initial assessments provide a baseline against which future changes in a patient s condition can be measured This book underscores the importance of precision and attention to detail in the physical examination process

How to Use This Book This book is structured to facilitate both learning and practical application in clinical settings Each chapter focuses on a specific system or aspect of the physical assessment providing detailed explanations of examination techniques practical tips and visual aids to enhance understanding Readers are encouraged to use this book as a reference guide in their daily practice as well as a tool for continuous learning Readers will develop the ability to conduct more comprehensive and effective physical assessments and improve their clinical competence and patient outcomes

About the Author Mark Aquino is a registered nurse in California with a Masters of Science in Nursing Bachelors of Science in Nursing and Masters of Health Administration from West Coast University He has at worked in various psychiatric and mental health settings working alongside psychiatrists therapists and social workers and least 5 years of experience in the front lines as a visiting nurse in home health and hospice care He is author of **OASIS NINJA A Home Health Nurse s Guide to Visits Documentation and Positive Patient Outcomes** This guide provides nurses with the information they need to provide quality care to their patients

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Assessment, 2005 This unique 2 in 1 reference presents vital information on history taking physical examination and interpretation of findings in two practical helpful ways on every page The wide inner column contains detailed narrative text the narrow outer column contains brief bulleted summaries of the same information This format enables nurses to quickly scan the bulleted points and jump to more detail as needed without turning the page In addition to full assessment guidance for every body system this essential reference covers mental health assessment and nutritional assessment Two 8 page full color inserts bring to life assessment

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