

Physical Assessment Guide

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ASSESSMENT GUIDE	DOCUMENT YOUR FINDINGS
General Exam	
1. Complete all equipment needed for a head-to-toe exam.	<input type="checkbox"/>
2. Report client by explaining what you will be doing.	<input type="checkbox"/>
3. Obtain appropriate:	
4. Assess vital signs.	
5. Take body measurements.	
6. Calculate client body weight, body mass index, waist to hip ratio, and arm muscle mass and circumference.	
7. Bed status.	
Mental Status and Subsequent Status	
1. Observe level of consciousness.	
2. Observe posture and body movements.	
3. Observe facial expressions.	
4. Observe speech.	
5. Observe mood, behavior, and responses.	
6. Observe thought processes and perceptions.	
7. Assess cognitive abilities.	
8. Give client a question (eg, "Is your head and feet about the same weight?") and change the question (eg, "What about the feet?") to verify whether you change the question. Ask client to sit or examination table.	<input type="checkbox"/>
Skin	
1. Throughout examination, assess skin for color variations, texture, temperature, turgor, edema, and lesions.	
2. Touch skin with examination:	
Head	
1. Inspect and palpate head.	
2. Assess cranial nerve distribution, vision of client.	
3. Observe hair for symmetry, texture, appearance, condition of scalp.	
4. Report client's mouth, throat, voice, breath, throat and chest, upper respiratory, and lymph chain (CVS/HR).	
5. Test sensation of forehead, cheeks, and chin (CN V).	
6. Report temporal arteries for tenderness and tenderness.	
7. Report temperature/texture (yes).	

ASSESSMENT GUIDE	DOCUMENT YOUR FINDINGS
Eye	
1. Assess visual function.	
2. Inspect external eye.	
3. Test ability to see objects.	
4. Test accommodation of pupils.	
5. Assess visual fields (CVS/HR).	
6. Test accommodation to report status of eye.	
Ears	
1. Inspect auricle shape and shape.	
2. Report ear canal and external pressure.	
3. Test response to report auditory canal.	
4. Test response to report frequency sensitivity.	
5. Test hearing.	
Nose	
1. Inspect external nose.	
2. Report external nose to tenderness.	
3. Check patency of airway through nostrils.	
4. Evaluate nasal secret and color (nose is used for smell, taste, or smell).	
5. Test response to report internal nose.	
6. Evaluate nasal breathing status.	
Mouth	
1. Test oral cavity.	<input type="checkbox"/>
2. Inspect lips.	
3. Inspect teeth.	
4. Check gum and facial muscles.	
5. Inspect hard and soft palate.	
6. Observe taste.	
7. Assess the gag reflex (CVS/HR).	
8. Inspect mouth.	
9. Inspect oral cavity and tongue.	
10. Assess tongue strength (CVS/HR and HR).	
11. Check taste sensation (CVS/HR and HR).	
Throat	
1. Inspect appearance of throat.	
2. Test range of motion (throat of neck).	
3. Report presence of abnormality, enlarged lymphatic, abnormality, and abnormal taste.	
4. Report throat.	
5. Report throat pain.	
6. Test range, swallow, throat pain to throat.	
7. Report oral cavity and throat.	

Physical Assessment Guide Florida

Sabine Zange



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