

Head-To-Toe Assessment

General Survey



1. Patient position
2. Level of consciousness
3. Level of alertness
4. Eyes opening
5. Presence or absence of nasal flaring

Head & Face

1. Size and shape of head
2. position of head
3. proportion of head
4. facial features
5. facial features
6. facial features
7. facial features
8. facial features
9. facial features

Neck



1. Inspect neck for pulsations
2. Inspect neck for symmetry
3. Check trachea for midline
4. palpate thyroid gland (one side at a time)
5. Auscultate carotid arteries with bell for bruits
6. Auscultate carotid artery with diaphragm

Eyes



1. Check external eyes
2. Inspect palpebral fissures
3. Inspect lid margins
4. Inspect conjunctiva (clear or pink?)
5. Inspect sclera (white or yellow?)
6. Palpate lacrimal glands
7. Assess extraocular muscles
8. Snell test
9. Assess eyes range of motion by corneal light reflex
10. Inspect PERLA
11. Inspect red light reflex

Ears



1. Size of ear
2. Shape of external ear
3. Color of ear consistent with face?
4. Inspect for drainage, cerumen, lesions, rashes, skin integrity, and hair
5. Inspect for deformities
6. Inspect for tenderness
7. Perform Weber test
8. Inspect tympanic membrane. Is it shiny and translucent? Light reflex is appropriate bilaterally? (5:00 right ear, 7:00 left ear)
9. Perform Romberg test

Mouth & Throat



1. Inspect lips for color, moisture, integrity, and lesions
2. Inspect tongue for cavities, level of oral cavity, and lesions
3. Inspect throat for color and presence of tonsils
4. Inspect uvula using tongue depressor
5. Inspect throat color and presence of tonsils
6. Palpate uvula using tongue depressor

Heart



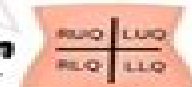
1. Inspect precordium for pulsations, heaves, or lifts
2. Palpate apical pulse
3. Palpate sternum and costal margin
4. Auscultate heart with stethoscope and bell APETM (aortic, pulmonic, Erb's point, tricus)

Lungs



1. Inspect ratio of transverse diameter to anteroposterior diameter
2. Palpate for expansions anterior and posterior
3. Percuss for resonance, dullness, or flatness
4. Auscultate for crackles, wheezes, and rhales
5. Measure breath sounds

Abdomen



1. Inspect for contour
2. Inspect for discolorations, pulsations, and umbilicus
3. Auscultate for bowel sounds in all 4 quadrants
4. Percuss for dullness or tympany
5. Light palpation for deep pain in all 4 quadrants
6. Palpate gallbladder (Murphy's sign)
7. Palpate appendix (RLQ)

Skin

1. Inspect for edema, hair, moles, rashes, scars, and bruising
2. Inspect for discolorations, pigmentation, and lesions
3. Check for temperature
4. Check for moisture
5. Check for turgor
6. Check for symmetry, edema, and elevation
7. Check for any cyanosis?

Peripheral Vessels

1. Inspect fingers for clubbing
2. Check capillary refill
3. Palpate brachial and radial pulse
4. Palpate femoral and popliteal nodes
5. Inspect for varicose veins
6. Palpate pedal pulses

Quick Head To Toe Assessment Guide

AN Whitehead



Quick Head To Toe Assessment Guide:

The Nursing Student's Guide to Clinical Success Lorene Payne, 2010-10-25 The Nursing Student's Guide to Clinical Success is the perfect resource for undergraduate nursing students entering the clinical side of their education. This text helps students better understand their role as a health care provider by preparing them for what they will encounter on the clinical floor in hospital or other health care setting. The first text of its kind, this shows students how to get the most out of a clinical experience.

Professional Guide to Assessment, 2006 Provides in depth detailed essential how to information about patient assessment for all health professionals.

Saunders Guide to Success in Nursing School, 2015-2016 - E-Book Susan C. deWit, 2015-03-06 Saunders Guide to Success in Nursing School 2015 2016 contains loads of organizational tools, clinical information and helpful nursing school guidance all within one compact resource. The new edition also features the latest information on electronic documentation, computer based testing, the flipped classroom and Post Traumatic Stress Disorder along with prefilled weekly, monthly and yearly calendars to help you plan for the 2015 2016 school year. In all, this guide's clinical tools and strategies for time management, studying, testing and stress reduction will significantly relieve the common aches and pains of nursing school and help you perform to your fullest potential both inside the classroom and throughout clinical practice. Important clinical references and assessment scales are highlighted to give you easy access to normal vital signs, lab values, abbreviations, measurements and conversions during clinicals. Common medication and IV therapy administration guidelines, TJC Do Not Use lists and high alert medications emphasize medication safety from the beginning of nursing school. NCLEX Exam strategies prepare you for the alternate format question types found on the current licensure exam. Advice on study skills, time management and stress reduction techniques improve your focus and increase efficiency. Space saving compact design provides a clean and efficient layout that is easy to bring along to class and clinical rotations. NEW Updated orientation section includes the newest developments in computer based testing and flipped classroom settings. NEW Thoroughly revised Clinical Reference section features updated information on electronic documentation and new content on Post Traumatic Stress Disorder. NEW Updated weekly, monthly and yearly calendars for the 2015 2016 year help you keep an organized schedule.

Saunders Guide to Success in Nursing School, 2018-2019 E-Book Holly K. Stromberg, 2018-02-26 NEW Weekly, monthly and yearly calendars show dates from May 2018 through December 2019, making it easy for students to organize their schedules at school and at home.

Quick Reference to Clinical Dietetics Lucinda K. Lysen, 2006 Quick Reference To Clinical Dietetics Second Edition Is An Easy To Use Research Based Text That Focuses On The Latest Topics In Nutrition Management. Designed For Quick Access And Clear Guidance. This Practical Book Is A Must For Those Working In Both Inpatient And Outpatient Settings. Each Section Is Written By A Leading Nutrition Expert And Offers Step By Step Guidelines For Nutrition Screening And Assessment Including Physical Assessment, Nutrition Intervention And Follow Up. Updates To The Second Edition Include New Information On Gastric

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pitfalls of using phones and engaging in social media while in nursing school and on the job *Assessment* ,2005 This
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more It s all important and it s all in The Disaster Survival Guide Truly essential this fact filled book takes a clear eyed look at what to do should the worst happen **Saunders Guide to Success in Nursing School, 2016-2017 - E-Book** Susan C. deWit,2016-02-18 The portable Saunders Student Nurse Planner 2016 2017 A Guide to Success in Nursing School 12th Edition is a versatile organizational tool a practical nursing orientation handbook a clinical quick reference and a resource directory all in one This popular planner not only provides time management and stress reduction strategies advice on study skills and prefilled yearly monthly and weekly calendars it also comes with helpful clinical tools like pain and neurological assessment scales Joint Commission safety guidelines information on common drugs and lab values and NCLEX preparation tips It helps you manage your time and perform to your fullest potential both inside the classroom and during clinical rotations An introduction to nursing school expectations with tips for success prepares you for the unique challenges in nursing school Study skills advice on time management and stress management strategies improve your focus and organization and increase efficiency NCLEX Exam strategies prepare you for alternate format question types found on the current licensure exam Documentation section includes detailed information on electronic medical records to keep you in the know Common medication and IV therapy administration guidelines TJC Do Not Use lists and high alert medications emphasize medication safety from the beginning of nursing school Space saving compact design provides a clean and efficient layout that is easy to bring along to class and clinical rotations Clinical references and assessment scales are highlighted to give you easy access to normal vital signs lab values abbreviations measurements and conversions during clinicals Important clinical references provide essential tools useful during your clinical rotations Convenient weekly monthly and yearly calendars help you keep an organized schedule NEW Weekly monthly and yearly calendars with prefilled dates from May 2016 through December 2017 help you organize your schedule at school and at home **Assessment Made Incredibly Easy!** Margaret Eckman,2008-01-01 Completely updated this edition presents assessment skills in a reader friendly format that makes learning fun The text provides nurses with the know how they need to obtain pertinent health histories perform physical examinations and recognize normal and abnormal findings Wilderness First Aid Secrets Barrett Williams,ChatGPT,2025-06-15 Discover the vital skills and knowledge you need with Wilderness First Aid Secrets your essential guide to navigating the unpredictable world of outdoor emergencies Whether you re an avid hiker a seasoned camper or someone who simply loves the great outdoors this book equips you with the know how to tackle emergencies far from the comfort of civilization Dive into the fundamental principles of wilderness first aid learning why preparation is your best tool in remote areas From assembling a comprehensive first aid kit to understanding environmental risks this book lays the groundwork for tackling the unknown with confidence Master patient assessment techniques to efficiently evaluate and monitor injuries when every moment counts Gain cutting edge insights into managing trauma including bleeding control fracture splinting and expert wound care Specialized chapters guide you through handling medical emergencies such as

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Illustrated Study Guide for the NCLEX-RN® Exam JoAnn Zerwekh, Jo Carol Claborn, 2010-01-05 Fun and engaging this must have review resource covers the nursing concepts and content found on the latest NCLEX RN examination It features a concise outline format that's perfect for studying as well as 2 020 review questions to test your knowledge and help you

prepare for the exam Colorful illustrations and mnemonic cartoons clarify essential nursing concepts and offer a visual way for you to remember key facts for the NCLEX exam Answers and rationales are provided for every practice question Unique An integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter Unique Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts A full color user friendly design enhances content and helps you quickly locate special features Appendixes for each chapter summarize medications and nursing procedures for quick reference Practice questions at the end of each chapter and on the companion CD 2 020 in all provide a wealth of NCLEX examination preparation in both print and electronic formats The companion CD features practice questions available in both study and quiz exam modes that are divided by content area and allow you to create a customized review experience based on your personal study needs Electronic alternate item format questions on the CD such as priority drag and drop and hot spot illustrated point and click questions prepare you for the interactive question types you ll encounter on the computerized NCLEX examination Answers and rationales for all review questions help you understand why correct answers are right and incorrect options are wrong An Alert feature highlights key nursing concepts frequently found on the NCLEX examination Separate chapters on pharmacology and nursing management help you focus on these areas of emphasis on the NCLEX examination Additional practice questions raise the total to 2 020 in the book and on the companion CD More figures charts and cartoons further illustrate important anatomy procedures and disease processes Application and analysis questions challenge you to use your critical thinking skills and closely mirror the types of questions on the NCLEX RN examination UNIQUE A pediatric disorders icon makes it easy to distinguish pediatric disorders from adult disorders in chapters with system integrated content The detailed table of contents includes disorder headings to help you quickly find information on specific disorders within system integrated content

Fast Facts for the Critical Care Nurse
Michele Angell Landrum, 2011-07-27 This pocket sized reference for new and seasoned intensive care unit ICU nurses contains critical knowledge presented in the clear precise Fact Facts format It provides quick access to a broad array of guidelines procedures and equipment used by ICU nurses daily as well as on a less frequent basis The book covers assessment and procedural skills medications intravenous IV therapy nutrition wound care sterile field setup and patient preparation It facilitates equipment mastery for respiratory and cardiac care along with troubleshooting tips for monitoring and mechanical devices Also included is information on specific types of critical care units such as cardiac surgical neuro and the burn unit Documentation advance directives organ donations palliative and end of life care are also discussed The resource addresses the requirements of The Joint Commission and recommendations of the Centers for Disease Control and Prevention such as isolation precautions and use of personal protective equipment Other important information is provided such as normal hemodynamic measurements basic electrocardiographic EKG rhythms 12 lead EKG electrode placement and a Do Not Use abbreviation list in the appendix that will help prevent medication errors Key Features Provides quick access to

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Nursing Times ,1991-05 **Assessment Made Incredibly Easy!** ,2002 This fully revised reference uses humor to help nurses master assessment skills New features include entertaining learning aids called Cheat Sheets and Practice Makes Perfect case study questions and answers that let nurses assess their progress Also new are a chapter on mental health assessment and illustrations relating pathophysiology to assessment findings Contents include health history physical assessment nutritional assessment mental health assessment and assessment of body systems skin hair and nails eyes ears nose and throat respiratory system cardiovascular system breasts and axillae gastrointestinal system female genitourinary system male genitourinary system musculoskeletal system and neurologic system **Transcultural Concepts in Nursing Care** Margaret M. Andrews, 2003 Now in its Fourth Edition this transcultural nursing text conveys the importance of diverse cultural knowledge for the evaluation of patient outcomes understanding persons in clinical settings and appropriate responses to clinical situations during the nurse client interaction Detailed theory is discussed and each chapter contains awareness exercises to ensure comprehension of the nursing role as trusted health care providers Coverage includes cultural variation in lifestyle communication and beliefs New to this edition is a two color design revised content on assessment and applications of concepts a new chapter on culturally appropriate interventions and more case studies research studies and clinical vignettes Fast Facts About Forensic Nursing Meredith Scannell, Meredith J Scannell, 2018-12-18 Helps nurses to

enhance their forensic skills and apply them to their practice in all settings This is a succinct yet comprehensive guide to the rapidly expanding specialty of forensics nursing Exploring the forensic nurse s role in the gamut of patient care settings the book is distinguished by its easy to read content comprised of bulleted lists tables and figures short chapters and convenient pocket size This up to date evidence based resource addresses all facets of forensics nursing including legal and ethical issues conducting interviews trauma informed care delivering expert testimony documenting injuries and collecting and preserving evidentiary substances for Medico Legal purposes The book encompasses the wide range of injury and assault cases requiring the collection of forensic evidence in preparation for a legal case This includes different types of sexual assault and violence child maltreatment elder maltreatment bullying interpersonal violence gunshot wounds community violence human trafficking terrorist acts and mass disasters With supporting case scenarios the book describes step by step how to collect evidence and the proper procedure for handing over evidence once it is collected Also included are verbatim descriptions of actual experiences forensic nurses have had while testifying Key Features Delivers broad content related to forensic nursing in easy access Fast Facts style Helps users to retrieve information at a moment s notice with short chapters bulleted lists tables and figures all packaged in a portable pocket size Examines the forensic nurse s role in all patient care settings Explores the legalities and ethics surrounding provision of health care to and collecting evidence from patients injured due to criminal activity Covers the range of injury and assault cases requiring the collection of forensic evidence in preparation for a legal case

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