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| <b>Vital Signs</b><br>Height<br>Weight<br>Pulse (60-100)<br>Respirations (12-20)<br>Temperature (97.8-99.1)<br>Blood Pressure (120-139/80-89)<br>Pain (scale of 0-10) | <b>Eyes</b><br>Inspect: interior and exterior, visual fields, acuity, reflexes<br><br><b>Ears</b><br>Inspect: color, shape, symmetry, interior inspection<br>Palpate: tenderness, deformity<br><br><b>Nose</b><br>Inspect: shape, symmetry, interior inspection<br>Palpate: frontal sinus, maxillary sinuses<br><br><b>Mouth and Throat</b><br>Inspect: interior and exterior<br><br><b>Thorax and Lungs (anterior and posterior)</b><br>Inspection: respiration quality, symmetry, deformity, tracheal location<br>Palpation: tenderness, fremitus, chest expansion<br>Percussion: percussive tones, diaphragmatic excursion<br>Auscultation: breath sounds and quality | <b>Heart and Great Vessels</b><br>Inspection: jugular venous pulse<br>Palpate: pulses, PMI<br>Auscultate: heart sounds (S1, S2)<br><br><b>Peripheral Vascular System</b><br>Inspect: color, edema<br>Palpate: temperature, edema<br><br><b>Abdomen</b><br>Inspect: discomfort, uniformity, color, symmetry, scars, hernia, peristalsis, pulsations<br>Auscultate: bowel sounds, bruits<br>Percussion: four quadrants, liver, spleen, renal tenderness<br>Palpation: light to deep, liver, spleen, aorta, rebound tenderness, fluid wave | <b>Genitourinary</b><br>Inspect: general appearance, lesions, scars<br><br>Palpate: breast exam, testicular exam, prostate exam, vaginal exam, pap smear<br><br><b>Lymphatic</b><br>Palpate: assess lymph node locations |
| <b>Integumentary</b><br>Inspect: color, moisture, hair, rashes, lesions, pallor, edema<br>Palpate: temperature, turgor, lesions, edema, texture                       | <b>Scalp</b><br>Inspect: shape, symmetry<br>Palpate: tenderness, deformity   | <b>Nails</b><br>Inspect: shape, color<br>Capillary refill (< 3 sec)   | <b>Musculoskeletal</b><br>Inspection: asymmetry, deformity, atrophy<br>Palpation: major joints, tenderness, deformity, ROM   |
| <b>Head</b><br>Inspect: symmetry, shape, size, uniformity   | <b>Neck</b><br>Inspect: symmetry, lesions, scars<br>Palpate: tenderness, lymph nodes, thyroid gland, TMG   | <b>Neurological</b><br>Inspect: mental status, cranial nerves, coordination, movement, senses<br>Palpate: motor strength, muscle tone, reflexes, senses   |  |

