

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