

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

