

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



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 Page 1 of 1.

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