

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