

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