

Paeds physical exam Cheat Sheet by Siffi (Siffi) via cheatography.com/122609/cs/22907/

Overview	
Observation	Spinal screen, hip screen
Neurological exam	Developmental screen
Vital signs	

Observation	
General appearance	Tone - floppy?
Physical activity - moving upper/lower limbs?	Posture - should be flexed
Level of consciousness	

Congenital hand disorders		
Syndactyly - webbed fingers	Radial club hand (hand flexed)	
Camptodactyly - clynodactyly - little fingers deviated + flexed	Congenital trigger finer - gripping hands - open finger- s/hands	
Aplasia, duplications and hypoplasia		

Skin	
Milia	Salmon patch - erythema
Angel kisses - back of head	Mongolian spots
Erthema toxicum neonatorum	Cafe au lait spots
Harmangiomas - strawberry naevi	Texture
Colour	Turgor -fluid in tissue, firm
Lunago - "fur"	Nails
Jaundice	Scars
Lymphnodes	

Head	
Appearance - moulding of the head	Shape
Sutures	Fontanelles - size, shape

Eyes	
Pupils, conjunctiva, red reflex - red when you shine an opthalmascope	Strabismus, slant of palpebral fissures (DOwn syndrome), telecanthus
Plugging of lacrimal ducts (swollen under eyes)	Visual fields

Nose and mouth	
Nose: Nasal septum for symmetry, discharge	Lips
Mucosa	Palate - high/low
Tongue - frenulum, tongue tie	Suck blisters

Ears	
Position (from eyes to	Hearing - rubber
occiput)	duck
Lungs/chest	



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