## Head to Toe Physical Assessments

These includes -

- 1. Findings regarding -
  - ➢ General appearance
  - ➢ Behavior.
- 2. Developmental assessment:
  - Cognitive-knowledge
  - Language
  - Social
  - Motor development
- 3. Vital signs:
  - ➤ Temperature.
  - ➢ Pulse,
  - ➢ Respiration
  - Blood pressure.
- 4. Height and weight.
- 5. Head circumference
- 6. Skin: Inspection and Palpation of Skin -
  - Previous history of skin disease
  - Excessive dryness or moisture
  - Skin color Overall and local
  - > Pallor

  - Cyanosis: defined as a bluish discoloration, especially of the skin and mucous membranes, due to excessive concentration of deoxyhaemoglobin in the blood caused by deoxygenetion. Cyanosis is divided into two main types- 1. Central: around the core, lips and tongue. 2. Peripheral: only the extremities or finger
  - ➢ Jaundice
  - Lesions
  - ➢ Temperature
  - ➢ Texture
  - > Thickness

- ➢ Edema
- 7. Hair : Inspection of Hair
  - > Color
  - > Texture
  - Distribution
  - > Alopecia
- 8. Nail. Inspection and Palpation nails -
  - ➢ Shape and Contour
  - ➤ Consistency
  - > Color
  - > Lesions
- 9. Head, neck and cervical lymph nodes,
- 10. Mouth and throat :
  - > Dentition
  - Bad smell
  - Condition of gums
  - ➢ Bleeding gums
  - ➢ Frequent sore gums
  - Burning of tongue (dysglossia)
  - ➢ Foul taste (dysgusia)
  - ➤ Hoarseness
  - Voice changes
  - ➤ Thrush.

## 11. Eyes:

- Eye glasses/contacts
- Current Vision
- Changes in vision
- $\blacktriangleright$  Double vision
- > Excessive tearing
- Dryness
- Pain
- > Photophobia
- Unusual sensations
- > Redness
- > Discharge
- Infections
- Cataracts
- ➢ Injuries

## 12. Ear:

➤ Hearing impairment

- ➢ Use of hearing aid
- > Discharge
- ➢ Lightheadedness
- > Pain
- ➤ Tinnitus
- ➢ Infections
- > Surgeries
- 13. Nose and sinus :
  - ➢ Epistaxis
  - ➢ Infections
  - ➢ Discharge
  - ➢ Frequency of colds
  - ➢ Nasal obstruction
  - ➢ Congestion
  - ➢ History of injury
  - ➢ Septal deviation
  - Sinus infections
  - > Rhinorrhea
- 14. Respiratory:
  - > Pain
  - ➢ Cough
  - > Pleurisy
  - Dyspnea
  - > Sputum
  - > Tuberculosis
  - > Asthma
  - Bronchitis
  - ➢ Hemoptysis
  - > Wheezing
  - ➢ Last CXR
  - > H/O BCG (bacilli Calmetter-Guerin) vaccine
- 15. Cardiovascular:

- ➢ Chest pain
- > HTN
- > Palpitations
- > Orthopnea
- Paroxysmal Nocturnal Dyspnea
- ≻ H/O of MI
- Rheumatic fever
- ➢ Heart murmur
- Valve problems
- ➢ Last ECG
- $\blacktriangleright$  Other heart tests stress, echo, etc.
- Peripheral/dependent edema
- Varicose veins
- > Thrombophlebitis
- Coolness of extremities
- Discoloration of extremities
- 16. Gastrointestinal:
  - > Appetite
  - Excessive hunger
  - Excessive thirst
  - ➢ Nausea
  - > Vomiting
  - > Diarrhea
  - ➢ Constipation
  - > Dyspepsia
  - ➢ Heartburn
  - ➢ Waterbrash (gurp)
  - Swallowing (dysphagia)
  - ➢ Abdomen pain
  - Change in stool color, caliber, consistency
  - ➢ Frequency of bowel movements (BM)
  - Change in bowel habits

- ➢ Hematemesis
- > Rectal bleeding
- Melena
- Laxative use
- Antacid use
- ➢ Excessive belching
- Food intolerance
- ➢ Halitosis
- Change in abdomen size
- ➢ Hemorrhoids, fissures
- > Infections
- ➢ Jaundice
- ➢ Rectal pain
- Previous abdominal x-rays
- ➢ Hepatitis
- ➢ Liver disease
- ➢ Gallbladder disease
- > Pancreatic problems
- 17. Genitourinary (GU) General;
  - ➢ Frequency
  - > Urgency
  - ➢ Incontinence
  - Polyuria
  - Oliguria
  - > Dysuria
  - ➢ Hematuria
  - Proteinuria
  - > Nephrolithiasis
  - > Infections
  - ➢ Bed-wetting
  - Nocturia
  - ➢ Flank pain

- ➢ retention
- ➢ Urine color, odor

- 18. Leg: Oedema
  - Motor movement
    Joints: knee, ankle
    Toe: sensation