

ESSENTIAL HEAD TO TOE ASSESSMENT SKILLS

Body System	Assessment Skills
Neurological	<ul style="list-style-type: none"> Assess mental status, level of consciousness, orientation (person-place-time-situation) Evaluate speech Assess if pupils equal/round/ reactive/accommodate
Head	<ul style="list-style-type: none"> Inspect lips/oral cavity Inspect fontanel (pediatrics) Assess swallowing, presence of gag reflex if appropriate Assess hearing based on conversation Inspect external eyes/color of sclera Assess extraocular movement (EOM) Assess visual acuity (if relevant)
Respiratory	<ul style="list-style-type: none"> Inspect chest shape Assess breathing effort Assess for retractions if labored Auscultate breath sounds bilaterally
Cardiovascular	<ul style="list-style-type: none"> Assess capillary refill Palpate distal pulses Inspect/palpate edema Palpate extremities temperature Inspect extremities for color and hair growth Auscultate heart sounds using A-P-T-M acronym (All Patients Take Meds) <ul style="list-style-type: none"> » Aortic » Pulmonic » Tricuspid » Mitral
GI	<ul style="list-style-type: none"> Inspect abdomen Auscultate bowel sounds Palpate for tenderness/distention Assess stool if present (color/consistency/odor) Determine last bowel movement

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Urinary Reproductive	<ul style="list-style-type: none"> Record urine output amount/24 hour I/O Continually assess I/O throughout shift Record daily weight Assess color/clarity of urine (influenced by amount of intake) Check urinary catheter securement Assess any urethral drainage Record last menstrual period for women of childbearing age (normal 21-35 days apart)
Skin	<ul style="list-style-type: none"> Inspect skin color based on the pigmentation of patient Assess skin temperature Assess skin turgor (speed that skin returns into place once pinched) Assess for diaphoresis Inspect for wounds or surgical incision Assess for redness over pressure points
Musculoskeletal	<ul style="list-style-type: none"> Palpate extremities/joints/calves for tenderness Observe range of motion Assess muscle strength/tone
Holistic Psychosocial	<p>Determine:</p> <ul style="list-style-type: none"> Cultural considerations Need for emotional support Need for spiritual support Educational priorities Patient goal