

Head to Toe Assessment

Student Name: _____

Student Signature: _____

Evaluator Signature: 1st attempt _____ Date: _____

Satisfactory*

Unsatisfactory^

Evaluator Signature: 2nd attempt _____ Date: _____

Satisfactory*

Unsatisfactory^

Evaluator Signature: 3rd attempt _____ Date: _____

Satisfactory*

Unsatisfactory^

**** Critical Behaviors that need to be stated or done in order to pass the skill.**

PERFORMANCE BEHAVIORS	S*	U^	COMMENTS
<u>Planning</u>			
1. Gather equipment needed for assessment a. Stethoscope b. Appropriate sized blood pressure cuff c. Pulse Oximeter d. Penlight e. Thermometer f. Gloves			
2. Upon entering the patient's room: a. **Perform hand hygiene b. Identify self c. **Identify patient using 2 forms of ID (name and date of birth) d. **Verify patient allergies e. Assure privacy f. **Explain what is about to occur g. Allow for patient questions h. Raise bed to comfortable working height i. Don gloves			
<u>Assessment</u>			
3. **Assess level of consciousness and orientation to person, time and place.			
4. Perform assessments for pain, pulse oximetry, blood pressure, pulse, respiratory rate, and temperature.			
5. Assess head and PERRLA (Pupils Equal, Round, React to Light, and Accommodation) a. Observe for any gross abnormalities of the head and face.			
6. **Throughout assessment observe and note condition of hair, skin and nails.			
7. ** Assess and compare bilateral upper extremities for: a. Hand grasps for equality and strength b. Temperature and color c. Radial pulses d. Capillary refill e. Sensation			
8. **Assess apical pulse. a. Auscultate heart sounds at left mid-clavicular line fifth intercostal space. Point of maximal impulse (PMI). b. Listen for one full minute, noting rate and regularity.			
9. **Assess lungs. a. Listen and observe rise and fall of chest and count respirations. b. Auscultate breath sounds. 1. Assess anterior chest in 4 sites and 2 lateral sites. 2. Assess posterior chest in 4 sites and 2 lateral sites.			

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PERFORMANCE BEHAVIORS	*S	*U	COMMENTS
10. **Assess abdomen (Inspection, Auscultation, Palpation) a. Auscultate for bowel sounds in all four quadrants b. Palpate abdomen for firmness, tenderness, and lower abdomen for bladder distention.			
11. **Assess and compare bilateral lower extremities for a. Movement and strength b. Temperature and color c. Dorsalis pedis and posterior tibial pulses d. Capillary refill e. Sensation			
12. Assess posterior lung sounds (if not done previously) and skin			
13. **Check equipment related to the patient a. IV? Solution, rate, site. b. O2? Setting/type c. Drains (including urinary catheter).			
14. Survey the environment for safety concerns. a. **Reposition patient for comfort and safety			
15. Prior to leaving room a. **Lower bed b. **Raise appropriate bed rails c. **Place call light and patient belongings within reach d. **Perform hand hygiene e. Gather and remove equipment			
<u>Evaluation</u>			
16. **Document assessment per facility policy			

***S = Satisfactory, ^U = Unsatisfactory**

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17. Write a sample nursing note: