

Head to Toe Exam

HEAD



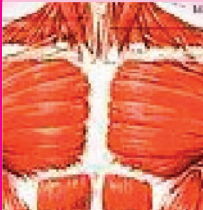
- Visualizing and Palpating the Head for DCAPBLSTIC and Raccoon Eyes,
- Checking my gloves for blood
- Checking pupils for PERRL
- Checking for Battle Signs behind the ears
- Checking Ears & Nose for CSF, use gauze if necessary
- Palpating for Facial Stability
- Checking mouth for FBAO

NECK



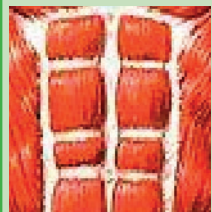
- Visualizing and Palpating the Neck for DCAPBLSTIC and Checking for Tracheal Deviation
- JVC
- Stoma
- Medical Alert Tags
- Checking for Accessory Muscle Use
- Palpate the back of the neck for Step-off
- Checking gloves for blood

CHEST



- Visualizing and Palpating the Chest for DCAPBLSTIC and Checking for Clavicular stability & retraction
- Subcutaneous Emphysema
- Intercostal Retractions
- Sternal Stability
- Equal Bilateral Expansion
- Flail chest or paradoxical chest movement - "Please take a deep breath in"
- Check for lung sounds at: 2nd intercostal space midclavicular line, bilaterally & 4th intercostal space midaxillary line, bilaterally

ABDOMEN



- Visualizing and Palpating the abdomen for DCAPBLSTIC and Rigidity
- Distention
- Rebound Tenderness
- Pulsating Mass
- Evisceration

PELVIS



- Visualizing and Palpating the Pelvis for DCAPBLSTIC and
- Checking stability of pelvic girdle by pushing in and then down
- Checking for incontinence
- Vaginal bleeding in females
- sweeping the pelvis for priapism in males

LOWER EXTREMITIES



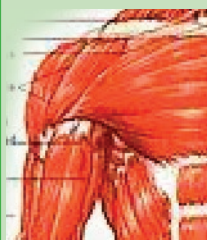
- Visualizing and Palpating the Legs for DCAPBLSTIC and
- Patellar stability
- Track Marks, Prosthetic Limbs, Medical Alert Tags,
- pedal edema or decubitus ulcers on heels
- CMSTP - Color by pinching nail beds, assessing capillary refill
- Motor- state to patient "Push down/up on my hands"
- Sensory- state to patient "What toe am I touching"
- Temp- feel temp of feet
- Pulse- Assess Pedal pulse, mark where found

UPPER EXTREMITIES



- Visualizing and Palpating the Arms for DCAPBLSTIC and
- track marks, prosthetic limbs, medical alert tags,
- Stent/Fistula/Graft on dialysis patients,
- CMSTP - Color by pinching nail beds, assessing capillary refill
- Motor- state to patient "Wiggle your fingers"
- Sensory- state to patient "What finger am I touching"
- Temp- feel temp of hands
- Pulse- Assess Radial pulse

BACK



- Visualizing and Palpating the back of the Head for DCAPBLSTIC and
- Palpating Vertebral Column for Step-off
- Checking for Incontinence
- Visualizing and Palpating the back for DCAPBLSTIC and
- Sacral Edema
- Decubitus Ulcers
- Check for Lung Sounds
- Visualizing the back of legs and arms for DCAPBLSTIC and blood