

# HEAD-TO-TOE ASSESSMENT

## General Survey:

- Physical appearance
- Behavior
- Body structure
- Facial and speech
- Nutritional status
- Hygiene and dress
- Mobility

## Vital Signs:

- Temperature
- Blood pressure
- Pulse
- Oxygen Saturation
- Respiration

## Head and Face:

- **Head:**
  - Inspect for symmetrical and proportionate to body.
  - Assess for deformities, masses, and deformities.
- **Face:**
  - Features should be symmetrical and proportionate.
  - Assess for visual sensation and motor function by asking patient to run through a series of instructions.



## Neck:

- **Lymph Nodes:**
  - Inspect from lower neck and down the neck for enlarged nodes.
- **Thyroid:**
  - Inspect while instructing patient to swallow.
  - Assess for any enlargement or masses.
- **Trachea:**
  - Inspect for midline with no masses.

## Eyes:

- Assess coordination by asking patient to move their eyes in the six cardinal directions.
- **PERVUS:** Equal size, equal vision, reacted to light, and accommodation.
- Note any abnormal discharge or redness.



## Ears:

- Check for tears, deformities, and discharge.
- Tympanic membrane should be intact and translucent visible.

## Nose:

- Inspect for midline and symmetry.
- Mucous membranes should be moist and pink.

## Mouth:

- Lips should be pink, moist and smooth.
- Gums and mucous membranes should be pink with no lesions.
- Teeth should be clean, white, and smooth.

## Throat:

- Uvula should be pink, moist and intact.
- Tonsils should be the same color as the surrounding area.



## Lungs and Heart:

- Chest should be intact, convex, and symmetrical.
- Inspect chest surface for lumps and scars.
- Percuss lungs and compare both sides.
- Auscultate lung sounds on both the anterior and posterior sides in 10-12 positions.
- Auscultate heart sounds:

- **Basal:** 2nd right intercostal space.
- **Apical:** 2nd left intercostal space.
- **Apical, Basal:** 3rd left intercostal space.
- **Tricuspid:** 4th left intercostal space.
- **Sternal:** 5th intercostal space at midclavicular line.

## Abdomen:

- Inspect shape and symmetry.
- Auscultate bowel sounds in all 4 quadrants.
- Percuss all 4 quadrants.
- Palpate all 4 quadrants and assess for rebound tenderness.



## Skin:

- Inspect skin color, texture, temperature, and presence of lesions.
- Assess color, firmness, turgor, and capillary refill of nails.
- Assess temperature and distribution of hair.

## Peripheral Arteries:

- Assess strength and quality of pulses.
- Assess the presence of edema.
- **Capillary Refill:**
  - 1st: 2-3 sec. depression, refill time < 15 seconds
  - 2nd: 3-4 sec. depression, refill time < 15 seconds
  - 3rd: 5-6 sec. depression, refill time 15-30 seconds
  - 4th: 8-10 sec. depression, refill time > 30 seconds



# Nursing Assessment Guide

**N Noddings**





## **Nursing Assessment Guide:**

Nursing Assessment Guide Audrey C. Martins, Alison M. Martins, 1988      Nursing Assessment (Speedy Study Guides) Speedy Publishing, 2014-07-03 A Nursing Assessment Guide is a comprehensive work to outline the procedures nurses use to properly assess patients to determine a patient's needs and apparent state of health. It provides a clear blueprint of procedures to follow and outlines the most practical order to follow them. Proper technique is described in detail and it has illustrations and diagrams for doing things the correct way for the comfort of the patient and good assessment of possible problems. It is a helpful reference for clear and concise charting.      **Nurses' Handbook of Health Assessment** Janet R. Weber, 2021-11-01 The perfect on the go companion to Health Assessment for Nursing 7th Edition, this compact handbook gives students quick convenient access to the latest nursing assessment guidelines and findings in a see and do format ideal for today's fast paced nursing practice. Streamlined step by step guidelines and full color illustrations detail everything students need to interview clients and conduct thorough physical assessments with ease.      **Nursing Assessment Guide** Vicki Vine Earnest, Community College of Denver, 1986      **Transcultural Concepts in Nursing Care** Margaret M. Andrews, Joyceen S. Boyle, 2008 Conveys the importance of diverse cultural knowledge for evaluation of patient outcomes, understanding persons in clinical settings and appropriate responses during the nurse-client interaction.      Nurses' Handbook of Health Assessment Weber, 2017-12-11 With step by step guidance that clearly demonstrates the what, why and how of each phase of the assessment process, Nurses Handbook of Health Assessment is the perfect portable text for students and practicing nurses. Renowned for its holistic perspective and three column format, this up to date reference and guide takes students through every stage of the nursing assessment for adults and special populations. Organized into four units that correlate with Health Assessment in Nursing, the handbook provides everything needed to perform a range of common assessment procedures with confidence. The compact layout is easy to absorb, color is used functionally and it is abundant with clinical photos and illustrations as well as photos and illustrations of examination techniques. **KEY FEATURES** 3 column assessment tables Show assessment techniques, normal findings and abnormal findings side by side to enhance comprehension and to help students focus on key aspects of assessment. Special Populations Icons Pediatric, geriatric and cultural considerations for each body system show important variations for these special populations. Client teaching Icons Appear in client teaching sections to highlight this key information. Safety Tip Icons Help identify safety tips and clinical tips vital information needed to ensure best practice. Abnormal Findings boxes Cue the student to important variations to note during assessment. Spiral binding allows the Handbook to stay open on any flat surface.      **Nursing Health Assessment** Patricia M. Dillon, 2003-01-01 The Nursing Health Assessment collection of texts may be used independently or together in order to provide educators with the combination that best suits their needs. Each component offers an alternative to texts with approach assessment with a non integrated focus. This suite of products uses case studies supported by technique to



encourage critical thinking while considering cause and effect issues on the other systems and on the whole person This pocket guide is a condensed version of Nursing Health Assessment A Critical Thinking Case Studies Approach It provides students starting their clinical rotations with a portable guide to health assessment      **Nursing Assessment Guide** ,1996

**Clinical Nursing Assessment Skills Pocket Guide** Cyndi Zarbano,2013-06-01 Good assessment skills along with accurate vital signs are what critical thinking diagnosis and treatment are based on Without the fundamental building blocks clues are missed and can send the rest of our diagnostics and treatments fumbling in the wrong direction This full color pocket guide provides portable quick access to essential reference information on Neurological Cardiac and Pulmonary Assessments Filled with descriptive images this thorough clinical guide will become your go to reference for effective physical assessments      **Nursing Assessment** ,2013      *Child, Youth and Family Health: Strengthening Communities* Margaret Barnes,Jennifer Rowe,2013-05-01 A fresh new e book edition focusing on the importance of collaboration between healthcare professionals and the community The second e book edition of Child Youth and Family Health builds its focus on the importance of a collaborative partnership between healthcare professionals and members of the community This approach is vital in supporting maintaining and strengthening individual and community health across a range of contexts and life stages Child Youth and Family Health 2e e book begins by discussing issues and challenges in child youth and family health before addressing contexts for nursing and midwifery all of which helps readers apply theory to practice This community healthcare textbook offers additional insight into the importance of the healthcare professional s role when working with children young people and their families and looks at practical approaches such as program development supporting family transitions and mental health promotion There are three new chapters Communication with children young people and families a family strengths based approach Acute illness Care for the child and their family and Health promotion through early childhood along with a range of clinical scenarios research highlights practice highlights and critical questions and reflections Written by authors who are nurses midwives early childhood educators and academics along with a respected team of contributors and editors Child Youth and Family Health 2e provides an engaging perspective on the fundamental challenges and issues affecting the health and wellness of infants children young people and their families in Australia and New Zealand Clinical Scenarios integrated throughout to provide context for practice Research highlights provide examples of the most recent research and evidence based practice Practice highlights feature up to date examples of best practice policies and procedures in Australia and New Zealand Key Points summarise the main issues in each chapter Critical questions and reflection feature at the end of each chapter as a tool for tutorials Useful Resources provide weblinks for up to date data statistics organisations and programs Extensive references provide for further reading and research Chapter 5 Communication completely revised with a family strengths approach New Chapter 8 Health promotion through early childhood New Chapter 9 Acute illness Care for the child and their family Completely revised and updated with current



statistics and data Inclusion of contemporary public health policy Inclusion of contemporary legislative and regulatory frameworks for health professionals      *Contemporary Nursing Knowledge* Jacqueline Fawcett, Susan DeSanto-Madeya, 2012-11-27 The 3rd Edition of this AJN Book of the Year Award Winner helps you answer those questions with a unique approach to the scientific basis of nursing knowledge Using conceptual models grand theories and middle range theories as guidelines you will learn about the current state and future of nurse educators nurse researchers nurse administrators and practicing nurses      **Pocket Guide for Nursing Health Assessment** Sharon Jensen, 2014-11-07 The second edition of the Pocket Guide is designed to work as a clinical handbook and up to date reference for nurses when interviewing patients of all age groups and cultural backgrounds taking health histories promoting health and performing physical assessments The content derives from and has been developed in conjunction with Jensen's Nursing Health Assessment A Best Practice Approach and serves to both review the core content provided in the textbook as well as help students apply their foundational learning through reinforcement and streamlined presentation The content focuses on key questions in the area of health promotion reviewing important risk factors and outlining essential teaching points for risk assessment and intervention It includes essential questions to review common and concerning signs and symptoms for each health assessment topic The chapters review the key techniques of examination outlining normal and unexpected findings Finally tables of findings provide a quick reference by which students can compare and contrast results to assist with eventual nursing and medical diagnoses      Nurses' Handbook of Health Assessment Janet R. Weber, 2021-11-09 Renowned for its holistic perspective and see and do approach Nurses Handbook of Health Assessment 10th Edition delivers streamlined step by step guidance at every phase of nursing assessment to help students ensure accurate and effective assessments across all patient populations This full color handbook updated to reflect the latest clinical insights in Health Assessment for Nursing 7th Edition details everything students need to interview clients and conduct thorough physical assessments with ease including up to date assessment guidelines full color anatomy and physiology illustrations images of normal and abnormal findings and more all in a convenient format ideal for today's on the go learning Ensure mastery of essential nursing skills and equip students for success throughout the nursing education continuum with the complete Health Assessment in Nursing 7th Edition solution available for separate purchase Health Assessment in Nursing 7th Edition Lippincott CoursePoint for Health Assessment in Nursing 7th Edition Nurses Handbook of Health Assessment 10th Edition vSim for Nursing Health Assessment Lippincott DocuCare      **Nursing Diagnosis** Susan M. Sparks, 1984      **Nurse's Handbook of Health Assessment** Janet R Weber, RN Edd, 2013-11-18 Renowned for its holistic perspective and step by step approach this pocket size text takes you through every stage of the nursing assessment for adults and special populations The book's see and do guidance provides all that you need to perform a range of common assessment procedures with confidence      Clinical Pocket Guide for Health and Physical Assessment in Nursing Donita D'Amico, Colleen



Barbarito,2015-04-27 Clinical Pocket Guide for Health it guides the user through the steps of collecting health assessment data The focus of this text is comprehensive health assessment which includes the collection of subjective and objective data Subjective data encompasses both the patient s health history and the focused interview The nurse collects objective data during the physical assessment This is a student supplement associated with Health Physical Assessment in Nursing 3 e Donita D Amico Colleen Barbarito ISBN 0133876403      *Nurses' Handbook of Health Assessment* Janet Weber,1988

**Nursing: Assessment** BarCharts, Inc.,2010-05-31 Our 3 panel 6 page guide jam packed with information provides a detailed review of a key aspect of the nursing profession assessment A perfect resource for nursing students or those already in the field who want to brush up on their skills this guide covers the key concepts skills and techniques essential to effective nursing assessment Each section features The Nurse Knows summary of critical points set off graphically for easy reference Tables and images further enhance the text      **Global Applications of Culturally Competent Health Care: Guidelines**

**for Practice** Marilyn "Marty" Douglas,Dula Pacquiao,Larry Purnell,2018-07-02 This book is unique in its global approach to applying the Guidelines for Culturally Competent Nursing Practice that were recently endorsed by the International Council of Nurses ICN and distributed to all of its 130 national nursing associations The purpose of this book is to illustrate how these guidelines can be put into clinical practice and to show how practitioners from different countries with diverse populations can implement them The first chapter provides the conceptual basis for Culturally Competent Health Care and describes how the guidelines were developed Each of the next 10 sections presents a chapter describing a specific guideline followed by three or four chapters with detailed case studies to illustrate how the guideline was implemented in a particular cultural setting All case studies follow a similar format and are written by international authors with clinical expertise and work experience in the culture being presented This book will be useful for advanced practice nurses healthcare students clinicians administrators educators researchers and those who provide community health or population based care



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