

Physical Assessment Guidelines

General Appearance

Apparent age: older than / younger looking than / appears: stated age of ____ years
Gender: female / male
Ethnicity: white / Hispanic / African American / Asian American / Native American / Other: _____
Body type: tall / short / well-developed / obese / stocky / slender / thin / emaciated
Emotional status: cheerful / cooperative / pleasant / calm / anxious / depressed / labile / crying / withdrawn
Speech: clear / evenly paced / mumbled / running thoughts / unintelligible
Level of consciousness: alert / lethargic / somnolent / semi-comatose / coma
Signs of distress: no apparent distress / shortness of breath / appears in pain / fatigued / cyanotic
Posture: straight / stooped / shoulders slumped
Personal hygiene: well-groomed / neat / dirty / inappropriately dressed / disheveled
Odor: body / breath / alcohol / perfume

Psychosocial

Affect: appropriate / flat / blunted / labile
Mood: happy / elated / depressed / anxious / angry / hostile
Behavior: cooperative / pleasant / trustful / calm / irritable / withdrawn / anxious / restless
agitated / uncooperative / hostile

Neurological

Cognitive

Level of consciousness: alert / lethargic / somnolent / semi-comatose / coma
Orientation to: person, place, time, place (oriented x 3)
Awake? Conscious? Aware of self and environment? Responds to external stimuli?
Confused?
Attention Span: short / appropriate for age
Memory:
Short term memory:
Ask, "Why are you here? What did you have for breakfast?"
responds (in)appropriately to questions asked / intact / impaired forgetful
Long term memory:
Ask, "Where were you born?"
intact / impaired / responds (in)appropriately to questions asked
Speech: clear / slurred / unintelligible / aphasic / articulate / fluent / talkative
quiet / silent
responds to questions: readily / appropriately / reluctantly
Pupils: PERRLA

Sensory

visually impaired / hearing impaired / cognitively impaired
dizziness / lightheaded / vertigo / headache / nausea
parasthesias / paresis / paralysis

Motor

ROM (Active): absent / limited / partial / full
Symmetry: equal / unequal / or symmetrical
Strength: (handgrips footpushes) – equal / unequal, weak / moderate / strong
Involuntary movements: tremors / tics

Neurovascular

Extremities:
Color: pink / pale / mottled / dusky / cyanotic
Temperature: cold / cool / warm to touch
Mobility: full / partial / absent ROM
Sensation: intact / numbness / tingling / parasthesias
Peripheral pulses:
(dorsalis pedis, posterior tibial, radial, brachial, femoral, popliteal)
absent / weak / thready / palpable / bounding / present only with Doppler

Capillary refill:
<3 sec / 3sec / > 3 secs

Cardiovascular

Apical S1S2:

Quality: strong / distant / muffled

Rate: _____

Rhythm: regular / irregular / irregularly irregular

Murmurs: present? Extra heart sounds? S3 S4?

Pain: (if present) discomfort / heaviness / pressure / crushing / radiation to where? (arm, shoulder, jaw)

Vascular:

Skin color: pink / pallor / dusky / cyanotic / flushed

Nail beds (capillary refill): <3sec / 3sec / >3sec

Temperature: warm, cool, cold to touch?

Pulses: (Pedal, posterior tibial, radial, brachial, femoral, popliteal)

Rate _____ Which pulse(s)?

Quality – absent / thready / weak / diminished / palpable / strong / bounding / present only with Doppler

Fistula/graft: bruit / thrill present

Respiratory

O₂ SATS _____ %

Breath sounds: give location (RUL, RML, RLL, LUL, LLL)

Clear / diminished / absent / wheezing / rales / crackles / rhonchi / friction rub stridor: on inspiration, expiration?

Chest:

Shape: normal / barrel shaped / symmetrical

symmetrical / expands equally / barrel shaped / pectus excavatum

(funnel) / pectus carinatum (pigeon)

Expansion: symmetrical / asymmetrical

Pattern:

Rate _____

Rhythm: even / uneven

Depth: shallow / deep

Ease of respirations: unlabored / labored / use of accessory muscles (retractions) / nasal flaring

Cough:

Absent

Present –

Quality : dry / hacky / loose / moist / harsh / croupy / barking

Frequency: infrequent / occasional / frequent

Nonproductive or Productive:

Sputum:

Consistency: thin / thick / tenacious / mucous

Color: clear / yellow / green / blood tinged /

Hemoptysis / rusty / purulent

Amount: small / moderate / large / copious

Odor: none / foul-smelling

Gastrointestinal (Abdomen)

Inspection: flat / sunken / rounded / protuberant / obese / ascites

distended / nondistended / asymmetrical

(N = flat or evenly rounded, nondistended)

Auscultation: Bowel sounds Present / Active (N=5-35/min) / Hypoactive

(<5/min) / Hyperactive (>35/min)

Where? All 4 quadrants or RUQ and/or RLQ, LUQ, LLQ

Percussion: dull / tympany

Palpation: soft / firm / hard / rigid / tender / nontender / fluid wave

Diet: Type of diet? _____ Tolerates diet / Anorexia / Nausea

Vomiting:

Color: yellow / brown / tan / hematemesis

Consistency: watery / liquid / thick

Amount: _____ ml or small / moderate / large

Frequency: # of episodes per shift

Tube feedings: PEG / NG / GT

Solution: _____

Type: _____

Amount: _____ mL

Residual volume: _____ mL

Bowel Movements: Within normal pattern, color, consistency

Continent / incontinent

Color: clear / green / yellow / brown / tarry / tan / gray / blood streaked

Consistency: watery / liquid / pasty / semi-formed / formed
soft / hard / mucus

Amount: small / moderate / medium / large

Frequency: # BM's / shift

Diarrhea? Constipation? Cramping? Pain? Odor?

Date of last BM _____

Flatus: present / absent

Musculoskeletal (Ortho/mobility)

Posture: straight / erect / stooped / shoulders slumped

Spine Abnormalities: kyphosis, lordosis, scoliosis

Locations: Trunk, Upper extremities / lower extremities / RUE / LUE / RLE / LLE)

Muscle tone: hypotonic / normal / hypertonic

Muscle strength: weak / normal / strong

ROM: full / partial / limited / none / crepitus present

Symmetry: Movement? (moves all extremities equally)

Appearance: no swelling / swelling / deformities / redness
of joints? of entire extremity?

Tenderness: Location _____

Gait: steady / unsteady / uncoordinated / ataxic / poor balance

Assistive/adaptive devices: walker / cane / splint / cast / crutches / wheelchair

Integumentary (Skin)

Color: pink / erythema / inflamed / sallow / pallor / ashen / dusky / cyanosis / ecchymosis
petechiae / jaundice / flushed / appropriate to ethnicity / circumoral cyanosis
acrocyanosis

Temperature: cold / cool / warm / hot to touch?

Moisture: dry / moist / diaphoretic

Turgor: instantaneous recoil / slow recoil / tenting

Integrity: intact / free of lesions / rashes / cracked / fissures / abrasions / pressure ulcers
blisters

Location(s): _____

Wounds:

Type: incisional / pressure ulcer / trauma / abrasion / laceration

Location(s): _____

Appearance: intact / edges approximated / separation / color / sutures
staples / inflamed

Size & depth (when applicable) _____

Drainage: serous / serosanguinous / purulent / mucopurulent

Odor: Present? stong / foul smelling

Drains (type): Penrose / hemovac / Jackson-Pratt / T-drain

Dressing:

Location: _____

Type: tegaderm / duoderm / wet → dry /

Topical application of medication: name of medication _____

Texture: smooth / firm / flaky / scaly / rough

Edema: Location: periorbital / feet / hands / generalized / anasarca

Grading of edema 1+ / 2+ / 3+ / 4+

Mucous membranes: pink / pale / reddened / dry / moist

Genitourinary

Urine amount: _____ mL

Color: straw colored / yellow / amber / tea colored / cola colored / bloody

Consistency: clear / cloudy / thick / sediment

Odor: faint / strong / foul smelling / sweet

Voiding: Within normal pattern
 continent / incontinent / stress incontinence
 without: difficulty / discomfort
 with: frequency / hesitancy / urgency / burning / pain / dribbling

Catheter:
 Type: Foley / 3-way Foley / straight / suprapubic
 Patency: patent / nonpatent

Bladder: not distended / distended
Pain: colicky / flank / CVA tenderness

Pain

Intensity: scale 1-10 _____
Character: sharp / dull / searing / knife-like / burning / throbbing / ache / pulling / deep spasm
Type: local / diffuse / radiation of pain
Duration: _____
Relief from pain: scale 1-10 _____ medication: _____ distraction / backrub / massage / application of: heat / cold

Clinical Physical Guidelines: HD Jan 2014 revised
Auscultation

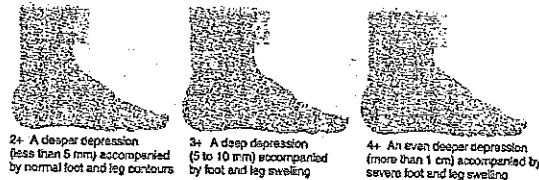
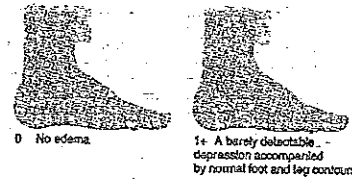
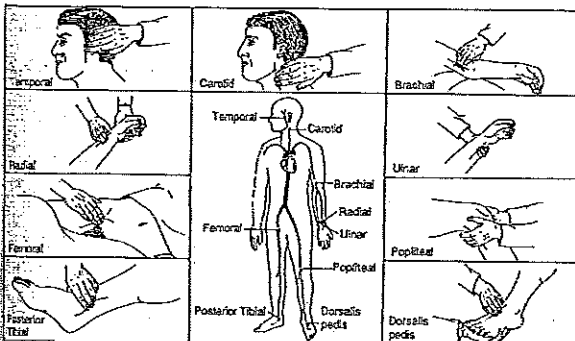
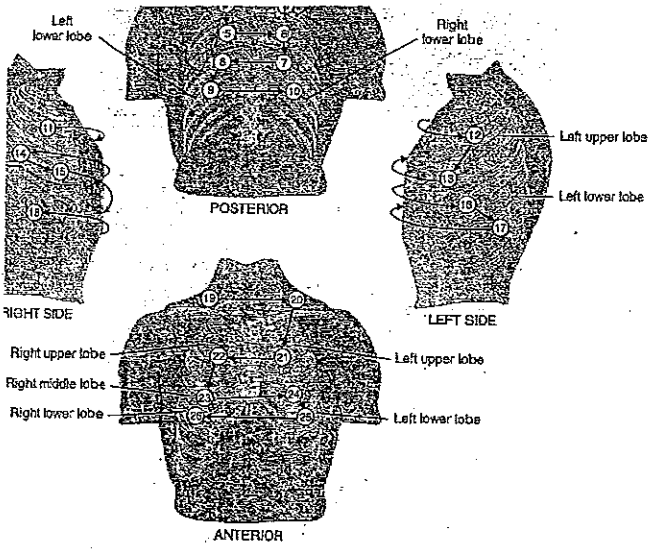


FIG 49-1. To assess peripheral edema, press a finger into the skin over the client's tibia and note the depth and persistence of making depression. Use the numerical scale to record your findings.



sequence of palpation, percussion, and auscultation of the thorax (posterior, lateral, and anterior).