

Head to Toe Assessment

1. View the video, #616.0754 P438S Performing Head to Toe Assessment, by Springhouse.
Focus on inspection, auscultation and palpation techniques.
View: Exam of the eyes - focus on PERLA.
Exam of the nose and mouth.
Exam of the thorax – focus heart and breath sounds.
Exam of the arms and legs (includes peripheral pulses).
Exam of the abdomen.
Use the practice sheet while viewing the video and focus on the techniques listed.
2. Print and complete the study guides on the heart, heart sounds, breath sounds, bowel sounds and bladder assessment.
3. Review the assessment data for age-related changes. This will be used in all succeeding courses.
4. Print the practice checklist. Practice the head to toe assessment utilizing the practice sheet. Practice each skill. Present the practice checklist to nursing lab personnel at the time of your head to toe assessment.
Equipment needed: stethoscope, blood pressure cuff, and thermometer which are available in the nursing lab, 3313.
A watch with a second hand and a pen light that has a pupil guide printed on the side, which you must furnish.
5. When you feel you have successfully mastered assessment and have completed the study guides, make an appointment with nursing lab personnel (room 3231, phone 512-5324).
Show the lab personnel your completed study guides. They will be returned.
Demonstrate a head to toe assessment without using verbal or written assistance.
Complete the assessment satisfactorily within 15 minutes.
6. After completion of the assessment, narratively chart the assessment findings on the nurses notes provided. Utilize the practice sheet and charting rules contained in this module. Give the charting exercise to the nursing lab personnel at the time of your assessment.
7. Present the completed and signed practice checklist to your faculty on the first day of class.
8. Included is a NSG Multi Media Reference list for review as needed for your head to toe assessment.