

Physical Assessment - Scenario #1: No Abnormalities

GENERAL APPEARANCE: (include general mental status)

22-year-old: awake and alert and answered questions

VITALS

Temperature: 37.5° C oral (list the site where the temperature was taken, i.e., oral, rectal, tympanic membrane, axillary)

Blood Pressure: 126/70 (Document if you need to use a large cuff or thigh cuff for an obese arm.)

Heart Rate by radial pulse palpation: 80 regular

Respiration Rate: 14

HEENT

Head: Configuration- normocephalic

Hair: Normal texture

Scalp: No lesions, tenderness

Eyes: Sclera- white Conjunctiva- pink Pupils - both are round and reacted to light, 3 mm

Ears: External Ear- no lesions, masses, tenderness; Auditory Canal- normal

Nose: Color- pink, no discharge; Septum- midline

Throat and Mouth:

Teeth: Present, no poor dentition noted

Tongue: No lesions

Gums and mucosa: No swelling, bleeding, signs of infection

NECK

Active ROM: normal flexion, extension, lateral rotation and tilting

Trachea: Midline, mobile

No palpable lymph nodes

Carotid pulses: 2+ bilaterally and regular

THORAX & BACK

Inspection: Symmetrical expansion with respiration, no scars or striae; normal spinal curvature, no deformities

LUNGS

Auscultation: Clear, normal vesicular breath sounds

HEART

Auscultation: S1 and S2 heard in all 4 locations, no extra sounds or murmurs auscultated

ABDOMEN

Inspection: Flat, no scars, no striae

Auscultation: Normal bowel sounds, no bruits

Palpation: No tenderness, masses, guarding

EXTREMITIES

Upper

Nails: No cyanosis, clubbing

Muscles: Normal size

Joints: Normal ROM, no deformities

Wrists: Normal flexion and extension

Elbows: Normal flexion and extension

Radial pulses: 2+ bilaterally and equal

Lower

Nails: No cyanosis, clubbing

Muscles: Normal size

Joints: Normal ROM, no deformities

Ankles: Normal flexion and extension,

Knees: Normal flexion and extension

Pedal Pulses: 2+ bilaterally and equal

SKIN

Normal, no lesions, normal color for race

NEUROLOGIC

Mental Status: Awake and alert; oriented to person, place & time

III, IV, VI: EOM- intact

V: light touch face- normal in all 3 divisions of V

VII: Wrinkle forehead, close eyes, show teeth- normal, smile is symmetrical

VIII: Hearing- normal by rough testing

X: Cough- normal

XI: Shrug shoulders

XII: Protrude tongue- midline protrusion

COORDINATION

Gait and balance: normal

Finger to nose: normal

Rapid finger movements: normal

Tandem walking: normal

Romberg: negative