

LAB PROCEDURE HEAD TO TOE ASSESSMENT

PERFORMANCE CHECKLIST

STUDENT NAME _____

TOTAL POINTS POSSIBLE 100

DATE _____

POINTS EARNED _____

PERFORMANCE POINTS		PTS POSS	PT EARNED	REMARKS
1	Prepare supplies & equipment	1		
2	Wash hands	2		
3	Explain procedure and purpose to client	1		
4	Provide privacy	1		
5	Assess LOC & orientation	2		
6	Ask client to empty bladder & bowel	2		
7	Observe posture & gait	2		
8	Position for exam (sitting)	2		
9	Vital signs (Verbalize)	2		
10	Inspect size, shape & position of head	2		
a.	Symmetry & facial features	2		
11	Examine eyes for PERRLA, pupil size	2		
12	Inspect ears for drainage	2		
13	Palpate sinuses	2		
14	Apply gloves	2		
15	Examine nares with penlight	2		
16	Inspect lips & mouth (use tongue blade)	2		
a.	Include mucosa, tongue, gums, teeth & pharynx	1		
17	Remove gloves	2		
18	Check alignment of trachea	2		
19	Palpate lymph nodes and thyroid gland	2		
20	Assess posterior thorax for symmetry	2		
21	Inspect spine alignment	2		
22	Palpate posterior thorax	2		
23	Auscultate posterior lung sounds (6 in sequence)	2		
24	Auscultate lateral lung sounds (2)	2		
25	Assess anterior thorax for symmetry	2		
26	Palpate anterior lung thorax	2		
27	Auscultate anterior lung sounds (6)	2		
28	Count apical pulse for 1 minute (verbalize)	2		
29	Auscultate heart landmarks (6)	2		
30	Ask patient to lie supine	1		
31	Assess all pulses	2		
32	Instruct pt on self-breast exam	2		
33	Inspect breast size and shape (Verbalize procedure)	1		
34	Palpate each breast in circular motion	1		
35	Palpate axilla and lymph nodes	1		
36	Inspect abdomen size and shape	2		
37	Auscultate bowel sounds (4 quadrants)	2		
38	Palpate abdomen lightly	2		
39	Position for genital exam (dorsal recumbent)	2		
40	Apply gloves	2		
41	Examine gentiles (external) (Verbalize)	1		
42	Position for rectal exam (sims) (Verbalize)	1		
43	Examine rectum and anus (Verbalize)	1		
44	Remove gloves	2		
45	Inspect extremities	1		

46	Examine nails	1		
47	Inspect skin turgor and capillary refill	2		
48	Throughout exam observe:			
a.	skin and hair	1		
b.	musculoskeletal structure	1		
c.	client emotional reactions	1		
49	Wash hands	2		
50	Document appropriately	10		
	TOTAL	100		

INSTRUCTOR _____