Head-to-toe checklist

Tick what you assessed. Practice only — not a medical record.

Vital signs / Pain

- ☐ BP (mmHg)
- ☐ HR (bpm)
- ☐ RR
- ☐ Temp
- ☐ SpO_2 (%)
- ☐ O_2 delivery
- ☐ Pain present
- ☐ Pain score (0–10) + location

Neurological

- ☐ Level of consciousness
- ☐ Orientation
- ☐ Speech
- ☐ Pupils
- ☐ Grip strength
- ☐ Sensation
- ☐ Coordination / gait

HEENT

- ☐ Eyes
- ☐ Ears
- ☐ Nose
- ☐ Throat / mouth

Cardiovascular

- ☐ Heart sounds / rhythm
- ☐ Edema (R / L)
- ☐ Pulses (R / L · upper & lower)
- ☐ Chest pain / discomfort now

Respiratory

- ☐ Work of breathing / effort
- ☐ Breath sounds (per lung field)
- ☐ Cough
- ☐ Oxygen / airway device

Gastrointestinal

- ☐ Abdomen
- ☐ Bowel sounds
- ☐ Last bowel movement
- ☐ Appetite
- ☐ Nausea / vomiting

Genitourinary

- ☐ Voiding
- ☐ Urine appearance
- ☐ Urinary catheter

Musculoskeletal

- ☐ Moves all extremities
- ☐ Strength — upper right
- ☐ Strength — lower right
- ☐ Strength — upper left
- ☐ Strength — lower left
- ☐ Range of motion
- ☐ Assist / mobility level

Integumentary / Skin

- ☐ Skin color
- ☐ Turgor / moisture
- ☐ Skin integrity
- ☐ Wound / incision present

Psychosocial / Safety

- ☐ Mood / affect
- ☐ Fall-risk awareness (practice)
- ☐ Safety concerns

Also free in the app: Pain Assessment, Fall Mobility, Skin Risk, and Wound Assessment.

Practice charting free at bettercharting.com

Normal parameters vary depending on your hospital/employer policy.

Sample note — fictional adult, med-surg

Practice example only. This is not a real patient and not a medical record.

Vital signs: blood pressure 128/74, heart rate 84, respirations 18, oral temperature 98.4 °F, oxygen saturation 96% on room air. Pain is present at the lower abdominal midline incision, 5 out of 10, sharper with a cough.

Neurological: alert. Oriented to person, place, time, and situation. Speech clear. Pupils about 3 mm and brisk on both sides. Grip equal. Light touch intact in both arms and both legs. Walks steadily with one person beside them.

HEENT: eyes clear, no drainage. Ears clear, no hearing aid. Nose clear. Mouth moist, and sips of water go down without coughing.

Cardiovascular: regular S1 S2. No chest pain or pressure now. No edema at the ankles. Pulses +2 in both arms and both legs.

Respiratory: breathing unlabored, no tugging at the neck. Upper chest clear on both sides. Crackles at both bases. An occasional cough brings nothing up. Room air.

Gastrointestinal: abdomen soft, tender along the incision. Bowel sounds present in all four quadrants. Last bowel movement yesterday. Appetite fair. No nausea or vomiting.

Genitourinary: voids on their own without leaking. Urine clear yellow. No urinary catheter.

Musculoskeletal: moves both arms and both legs. Strength strong in all four limbs. Bends and straightens the elbows and knees fully. Walks to the chair with one-person assist.

Skin: color matches this person’s usual tone. Warm, dry, and elastic. Midline abdominal incision under a dry dressing. No other break in the skin.

Psychosocial and safety: mood matches the conversation. Asks for help before getting up. Call light within reach. Bed kept low. No other safety concern noted this pass.