

# Head-to-Toe Assessment Template

# Overview & History

Describe the reason for examination, previous medical history relevant to current assessment, recent changes in health, current complaints, and any contributing factors or relevant details.

# **Head-to-Toe Assessment**

Hair, Skin & Naits Describe the colour, texture, temperature, moisture, turgor, integrity, lesions, rashes, scars, pressure injuries, or abnormalities. Comment on hair distribution, scalp condition, and nail appearance.

Head & Neck Note head symmetry, size, facial movements, tenderness, lymph node palpation, and range of motion in the neck. Mention any visible swelling, abnormalities, or neck stiffness.

Eyes & Vision Describe eye alignment, pupil size and reactivity, conjunctiva appearance, discharge, field of vision, and visual acuity. Mention the use of corrective lenses, if applicable.

Ears

Document ear canal condition, hearing status, presence of discharge, wax build-up, tenderness on palpation, and tympanic membrane appearance.

# **Guide Head To Toe Documentation Sample**

**Cathy Thomas Hess** 

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