# Inspection Reminder-Checklist

## Head

* Inspect skin characteristics
* Inspect symmetry and external characteristics of eyes and ears
* Inspect configuration of the skull
* Inspect and palpate scalp and hair for texture, distribution, quantity

## Face

* Palpate facial bones
* Palpate temporomandibular joint while patient open and closes mouth
* Palpate and percuss sinus regions; if tender, transilluminate
* Inspect ability to clench teeth, squeeze eyes tightly shut, wrinkle forehead, smile, stick out tongue, puff out cheeks
* Test light touch sensation of forehead, cheeks, and chin

## Eyes

* External examination
* Inspect eyelids, eyelashes, and palpebral folds
* Determine alignment of eyebrows
* Inspect sclera, conjunctiva, and iris
* Palpate lacrimal apparatus
* Near vision screening
* Eye function
* Test pupillary response to light and accommodation
* Perform cover-uncover test and corneal light reflex
* Test extraocular eye movements
* Assess visual fields
* Test corneal reflexes
* Test red reflex
* Inspect lens
* Inspect disc, cup margins, vessels, and retinal surface

## Ears

* Inspect alignment and placement
* Inspect surface characteristics
* Palpate auricle
* Assess hearing and whisper test or ticking watch
* Perform otoscopic examination
* Inspect canals
* Inspect tympanic membranes for landmarks, deformities, and inflammation

## Nose

* Note structure, position of septum
* Determine patency of each nostril
* Inspect mucosa, septum, and turbinates with nasal speculum
* Asses olfactory function, test sense of smell

## Mouth and Pharynx

* Inspect lips, buccal mucosa, gums, hard and soft palates, floor of mouth for color, surface characteristics, and any other apparent abnormalities
* Inspect oropharynx. Note anteroposterior pillars, uvula, tonsils, posterior pharynx, and mouth odor.
* Inspect teeth for color, number, and surface characteristics
* Inspect tongue for color, characteristics, symmetry, and movement
* Test gag reflex and ah reflex
* Perform taste test

## Neck

* Inspect for symmetry and smoothness of the neck and thyroid
* Inspect for jugular venous distention
* Inspect and palpate range of motion, test resistance against examiner’s hand
* Test shoulder shrug
* Palpate carotid pulses, one at a time,
* Palpate tracheal position
* Palpate thyroid
* Palpate lymph nodes
* Auscultate carotid arteries and thyroid

## Chest, Heart

* Inspect the chest for respiratory movement, size, shape, precordial movement, and deformity
* Palpate the anterior chest, locate the point of maximal impulse; note tactile fremitus in the talking or crying child
* Auscultate the anterior, lateral, and posterior chest for breath sounds; count respirations
* Auscultate all cardiac listening areas for S1 and S2, splitting, and murmurs; count apical pulse

## Abdomen

* Inspect abdomen
* Auscultate for bowel sounds
* Palpate. Identify the size of the liver and any other palpable organs or masses
* Percuss
* Palpate the femoral pulses, compare to radial pulses
* Palpate the lymph nodes

## Back

* Inspect skin and thoracic configuration
* Inspect symmetry of shoulders, musculoskeletal development
* Inspect and palpate scapula and spine, percuss spine.
* Palpate and percuss costovertebral angle
* Palpate spine

## Lungs

* Inspect respiration: excursion, depth, rhythm, and pattern
* Palpate for expansion and tactile fremitus
* Palpate scapular and subscapular nodes
* Percuss posterior chest and lateral walls systematically for resonance
* Percuss for diaphragmatic excursion
* Auscultate systematically for breath sounds. Note characteristics and adventitious sounds

## Upper Extremities

* Inspect arms for movement, size, shape; observe use of the hands; inspect hands for number and configuration of fingers and palmar creases
* Palpate radial pulses
* Elicit biceps and triceps reflexes when child cooperates
* Take blood pressure at this point or alter depending on the child’s attitude

## Lower Extremities

* Inspect legs for movement, shape, size, alignment, and lesions
* Inspect feet for alignment, longitudinal arch, and number of toes
* Palpate dorsalis pedis pulse
* Elicit plantar reflex and, if cooperative, the Achilles and patellar reflexes

## Musculoskeletal

* Observe patient moving from lying to sitting position
* Note coordination, use of muscles, ease of movement

## Spine

* Inspect and palpate spine as the child bends down slowly forward to touch toes
* Observe posture from anterior, posterior, and lateral views
* Test range of motion: flexion, hyperextension, lateral bending, rotation of upper trunk
* Observe gait