

**Head to toe examination**

# General inspection

- Weight / nutrition
- Age
- Deformities in the body
- Colour: cyanosis, paleness
- Skin appearance
- Odor
- Hidration

# Head and neck examination

- If child inspect for fontanelles
- Check for nerve function in the facial region (trigeminal and facial)
- Eye inspection: general appearance (exophthalmus), pupillary light reflex, nystagmus, vestibulo-ocular reflex, conjunctiva.
- External ear inspection: discharge, ulcers, congenital defects (eg. microtia)
- Nose inspection: position of septum, presence of discharge, obstruction
- Mouth: tongue movement, tonsils, palates, lips
- Neck: lymph nodes, thyroid gland, salivary glands

# Thorax examination

- Shape of the chest (tracheal deviation, pectum excavatum, carinatum)
- Examination and palpation of breasts
- Respiratory movements
- Auscultation of lungs: wheezes, crackles, stridor.
- Auscultation of heart
- Percussion of lungs (fluidothorax, pneumothorax)

# Examination of Abdomen

- Inspection (caput medusa)
- Palpation of abdominal cavity (start in the healthy side, light-deep palpation)
- Liver: boundaries (scratching method or percussion), Ascites
- Gall bladder: Murphy's sign
- Kidneys: percussion Tapotman sign
- Spleen: pathological palpation
- Appendix: Mc Burney's sign (tenderness), Psoas sign, Blumberg sign (deep palpation and release).
- Rectal examination

# Examination of extremities

- Palpation of the axilla and groin.
- Assessment of radial pulse.
- Assessment of femoral and posterior tibial pulse.
- Oman's sign