

- Review health history
  - Chief complaint
  - Gather equipment
  - provide privacy
  - record findings
- } initial patient encounter

### ◦ Adult Patient seated

- General Assessment
  - begins the moment you greet patient
- Preparation
  - empty bladder, put on gown, ask if chaperone needed
- measurements & vitals
  - Document vitals

### ◦ Adult patient 45° reclined

- Assess as needed.

- Inspect skin
  - Auscultate
  - Percuss
  - light palpate
  - deep palpate
- } Abdomen examination

### ◦ Patient standing

- Romberg test → balance w/ eyes closed
- Heel to toe → Note balance & stability.

### ◦ Activities of Daily Living (ADL)

- bathing, dressing, toileting, ambulation, feeding. ← Basic
- housekeeping, meal prep, money management, etc ← instrumental