### PROCEDURE STEPS

1. Observes for signs of distress; alters approach if patient is distressed.
2. Observes apparent age, gender, and race.
3. Notes facial characteristics, symmetry of features, expression, and condition and color of skin.
4. Notes body type and posture.
5. Greets patient with handshake to assess muscle strength (if culturally appropriate).
6. Observes gait and any abnormal movements (or ability to move about in bed).
7. Listens to speech pattern, pace, quality, tone, vocabulary, and sentence structure.
8. Obtains interpreter if there is a language barrier.
9. Assesses general mental state and affect.
10. Observes dress, grooming, and hygiene.
11. Measures vital signs.
   a. *Adults*: Calculates BMI from height and weight measurement.
   b. *Infants and children < 2 years*: Height—positions supine with knees extended; also measures head circumference.
   c. *Infants*: Weighs without clothing;
13. For children, plots height and weight on growth chart and evaluates trends.

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**Recommendation**: Pass _____ Needs more practice _____

Student: ___________________________ Date: ____________

Instructor: ________________________ Date: ____________

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