

## Integumentary System Examination Checklist

Instructions: *Italicized information indicates what the student should be verbalizing.*

Students are expected to document assessment of the skin, hair, and nails as appropriate. Minimally, the patients colour and skin temperature should be noted.

<b>Adequate exposure and draping (as needed) during exam.</b>		
	<b>Performed</b>	<b>Verbalized</b>
<b><i>Washes hands FIRST and dons appropriate personal protective equipment.</i></b>	<b>Y / N</b>	
<b><i>Introduces self to patient using first and last name, including role.</i></b>		<b>Y / N</b>
<b>Notes general appearance and vital signs.</b>		<b>Y / N</b>
<b>Inspection</b> ( <i>Students can combine inspection and palpation for a better exam flow.</i> )		
<b>Assess color: erythema, pallor, cyanosis, or jaundice</b>		
Pallor <i>Look at fingernails, lips, mucous membranes; palms and soles in dark-skinned people.</i>	<b>Y / N</b>	<b>Y / N</b>
Cyanosis <i>Look at lips, oral mucosa, tongue, nails, hands, feet.</i>	<b>Y / N</b>	<b>Y / N</b>
Jaundice (yellowing) <i>Look at sclerae, conjunctivae, lips, hard palate, tongue, and skin in general [need penlight].</i>	<b>Y / N</b>	<b>Y / N</b>
Look for areas of hypo- or hyperpigmentation <i>Examine upper and lower extremities, trunk, and face.</i>	<b>Y / N</b>	<b>Y / N</b>
Scalp hair: assess distribution and quantity and examine any scalp lesions <i>Look at head and scalp; must part hair.</i>	<b>Y / N</b>	<b>Y / N</b>
Nails/nail beds: note color, shape, and any lesions <i>Look at finger and toenails and note the condition in all four extremities.</i>	<b>Y / N</b>	<b>Y / N</b>
Note characteristics of any lesions: color, location, distribution, pattern, size (in mm), shape, and type <i>Look for lesions on trunk and extremities including palms and soles.</i>	<b>Y / N</b>	<b>Y / N</b>
Identify any nevi and apply the ABCDE method to screen for melanoma: Asymmetry, Borders, Color, Diameter, Evolution		<b>Y / N</b>
<b>Palpation</b>		
Skin temperature: check for localized or generalized warmth or coolness <i>Feel upper and lower extremities [anterior and posterior] with back of hands; must include fingers and toes.</i>	<b>Y / N</b>	<b>Y / N</b>
Check skin moisture and texture <i>Feel upper and lower extremities [anterior and posterior] with fingertips; must include fingers and toes.</i>	<b>Y / N</b>	<b>Y / N</b>
Assess skin turgor <i>Pinch skin over one dorsal hand.</i>	<b>Y / N</b>	<b>Y / N</b>

Palpate hair texture <i>Palpate hair in at least two places.</i>	Y / N	Y / N
Palpate fingernails and toenails	Y / N	Y / N

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