

SAMPLE DOCUMENTATION FOR A HEALTHY ADULT

General	Well appearing, in no acute distress
Vital signs	BP 132/76 P 74 R 12 O2 sat 97% on RA
Skin:	Clear without rashes or lesions, nails smooth and pink
HEENT:	Head: Scalp and skull without lesions or tenderness. Normal hair pattern. Ears: External auditory canals are free of wax. Tympanic membranes pearly white and intact, with cone of light. Eyes: Vision 20/20 in each eye with corrective lenses. Conjunctivae without injection. No scleral icterus. Lids without lesions. Corneal light reflection symmetric. Pupils equal, round, and reactive to light directly and consensually. Red reflex present bilaterally. Normal cup:disc ratio, with sharp disc margins. Retinal vessels and background normal. Macula not well seen. Nose: External nose normal. Nasal mucosa pink, septum midline. Inferior turbinates without lesions or exudates. Mouth: Mucosa pink with no ulcers. Normal dentition. Gums without erythema or bleeding. Tonsils symmetric without erythema or exudate. Neck: Full range of motion. No cervical lymphadenopathy. Thyroid smooth, non-tender, without masses or thyromegaly.
Chest:	Breathing comfortably Symmetric chest expansion Resonant to percussion bilaterally Normal symmetric breath sounds without adventitious sounds No spine or CVA tenderness
Cardiac:	PMI, at L MCL Regular rate and rhythm. Normal S1 and S2, no S3, S4, or murmur 2+ carotid pulses, without bruits Radial, femoral, dorsalis pedis, and posterior tibial pulses 2+ and symmetric No edema in bilateral lower extremities
Abdominal:	Soft, non-distended, without visible masses or scars Normoactive bowel sounds present Non-tender to percussion and palpation Liver span 8 cm by percussion @ R MCL; liver edge palpable 1 cm below costal margin, smooth and non-tender No inguinal lymphadenopathy Mental status: Alert and cooperative Oriented to person, place, time, and situation Cranial nerves: CN II: vision, pupillary light reflex intact CN III, IV, and VI: Extraocular motions intact CN V: masseter strength and facial sensation intact CN VII: Facial expressions intact

CN VIII: Hearing intact to finger rubbing, no nystagmus

CN IX and X: Palatal elevation symmetric

CN XI: Normal SCM and trapezius strength

CN XII: Tongue midline

Motor: 5/5 strength in all major muscle groups in upper and lower extremities

Sensation intact to light touch in upper and lower extremities

Reflexes 2+ biceps, triceps, brachioradialis, patellar, and Achilles
Toes downgoing bilaterally

Cerebellar: Finger to nose and heel to shin testing normal and symmetric
Gait normal

Psychiatric: Normal affect. Reports mood is 'good'

MSK: Hands, wrists, elbows, shoulders, knees, and ankles are not swollen,
non-tender to palpation, with symmetric ROM.