

# Telehealth Physical Exam Checklist

## Patient Information

Name:

Date:

## Vital Signs (Self-Reported/Observed)

Temperature:  e.g. 98.6°F

Pulse:  e.g. 75 bpm

Blood Pressure:  e.g. 120/80

Respiratory Rate:  e.g. 16

## General Appearance

- Alert & Oriented
- Distress (respiratory/pain/other)
- Ambulating Well

Notes on appearance...

## HEENT

- No visible lesions/rashes
- Pupils equal/reactive
- Adequate speech
- Nasal congestion/discharge
- Throat/tonsil findings

HEENT notes...

## Cardiac

- No chest pain
- No palpitations
- Capillary refill normal

Cardiac notes...

## **Respiratory**

- Breathing normal
- No cough
- No shortness of breath

Respiratory notes...

## **Abdomen**

- Abdomen non-tender (verbalized/examined)
- No visible distension
- Bowel sounds present

Abdominal notes...

## **Skin**

- No rashes observed
- No wounds/lesions
- Color normal

Skin notes...

## **Extremities**

- Normal movement
- No swelling/deformity
- No tenderness

Extremities notes...

## **Neurological**

- Alert
- Oriented
- Cranial nerves grossly intact
- Follows commands

Neuro notes...

**Other/Comments**

Other comments...