Newborn Physical Exam Checklist

Student name: _____

Proctor name: _____

Physical Exam Step	Competent	Competent with Concerns	Not Competent
Washes hands			
Head: Palpates fontanelles Palpates sutures Appreciates any abnormalities (caput, cephalohematoma, lesions, etc.)			
Eyes: Examines red reflex using ophthalmoscope Appreciates any abnormalities (position, epicanthal folds, etc.)			
Ears: Uses otoscope to inspect TM Looks for external abnormalities (position, ear pits, tags, etc.)			
Nose: Assesses patency			
Mouth: Tongue (size, frenulum, etc.) Assesses palate through palpation			
Neck: Inspects for abnormalities (webbing, clefts, pits, masses, etc.)			
Palpates clavicles Assesses range of motion			
Chest: Observation (pectus, breast tissue, xiphoid, precordium, etc.)			
Lungs: Observation (notices any grunting/retractions, etc.) Auscultation			
Heart:			
Palpation (precordium, pulses) Auscultation (four positions, S_2 , murmurs)			
Abdomen: Observation (flat, scaphoid, distended, etc.) Auscultation Palpation (four quadrants, masses, organomegaly, etc.)			
Genitourinary: Observation Female (minora vs. majora prominence, discharge, hymen, etc.) Male (foreskin, circumcision, testes, etc.)			
Anus/Rectum: Observation (position, fissures, etc.)			
Musculoskeletal: Hips (Ortolani, Barlow, Galleazzi, etc.) Spine (scoliosis, tuft of hair, sacral dimple, etc.)			

Student signature: _____

Proctor signature: _____