

### Within Defined Limits (ADULT)

Neuro- Alert and Oriented to person, place and time. Extremities with symmetry of strength. No numbness or paresthesia; facial symmetry. No visual disturbances. Pupils equal and reactive to light. Verbalization clear and understandable. Comprehends and follows simple instructions in first language. Behavior appropriate to situation and memory intact. Appropriate behavior for condition and age range. Cooperative with no signs of distress, or depression. Manageable anxiety.

EENT- Pink, moist, without difficulties with swallowing, chewing or mouth pain. Symmetrical facial structure. Absence of discharge or foreign bodies. No use of sensory devices.

Respiratory- Respirations quiet and unlabored. No adventitious breath sounds. Regular rate 10-20 breaths/min. Breath sounds clear. Absence of cough. No sputum or sputum clear, white or pale yellow. Nail beds and mucous membranes pink. Symmetrical chest movement. No accessory muscle movement. Absence of shortness of breath.

CV- Regular rhythm, rate 60-100 bpm, IF monitored, Normal Sinus Rhythm. No peripheral edema. No dizziness, chest pain or pressure. Skin warm and dry.

GI- No complaints of abdominal tenderness. Abdomen soft, non-distended, with bowel sounds all quadrants, BM s within at least 3 days prior. Continent of stool. No diarrhea or constipation. Light to dark brown formed stool. No emesis or diarrhea. Tolerates diet without nausea or vomiting. Moist oral mucus membranes. No difficulty swallowing.

GU- Urine clear to yellow. No signs of current infection, drainage, trauma, retention. Void w/o difficulty. No pain, burning, urgency, frequency, nocturia, of (or) delay in initiating a stream. Absence of catheter/ileoconduit.

Musculoskeletal- No redness, swelling or deformity. Normal ROM of extremities. Purposeful movement of extremities. No joint tenderness or swelling. Absence of muscle weakness.

#### Skin-

- Pink, warm, dry and intact.
- Smooth, slightly dry to touch
- Elastic and firm
- Smooth, elastic, good turgor with no edema.
- No rashes, birthmarks or lesions
- Absence of lesions
- Color appropriate to genetic background
- Mucous membrane bright pink, smooth, and moist