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.)	☐ ☐	☐ ☐	☐ ☐

Neurologic: Tone Primitive reflexes (suck, grasp, root, Moro etc.)	☐ ☐	☐ ☐	☐ ☐
Skin: Observation (notices any rashes, mottling)	☐	☐	☐
Overall Flow of Exam	☐	☐	☐
Communication of exam findings to parent	☐	☐	☐

Student signature: _____

Proctor signature: _____