

Assessment 5: Comprehensive Head-To-Toe Assessment

Name

Capella University

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Prof.

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Comprehensive Head-To-Toe Assessment

Hello everyone! My name is Conseulla, and today I'll be conducting a complete head-to-toe checkup on my Sentinel U patient, Aiyana Tehanata. She has been experiencing persistent tingling in her feet for the past couple of months, which she describes as sharp, burning, or stinging, with a pain level of around 5 out of 10. Alongside this, her blood sugar levels are higher than normal, and she has a known history of high blood pressure. This evaluation will cover all major body systems, with special attention to findings that relate directly to her current symptoms and overall health. I'll be walking through each part of the exam, explaining what I'm doing and what it tells us about her condition.

Thorough and Accurate Assessment

Hi Aiyana, it's great to see you today. I will explain it step by step as we proceed, so you understand what I am doing and why. First, I begin by checking your vital signs. Your blood pressure is a bit high, but that is expected as you have a history of hypertension, and your main diagnosis is Coronary Heart Disease (CHD). It is good that your heart rate is regular and your oxygen level looks so good. I am listening to your heart, and I can hear a little turbulence around the fourth intercostal space. This sound indicates that there is some constriction, probably at the aortic valve, that may occur due to prolonged hypertension and coronary heart disease of the arteries (Williams, 2024). We will continue to watch it, and this is why we are making the cardiology referral we made to you.

And now I examine your feet more closely because you said you had tingling and burning pain. I measure your pulse strength and the temperature of your skin. You are a little cool, and the right pulse is weak. At that point, I use a monofilament tool to assess how well you can detect pressure in various regions. There are a couple of areas where you hardly feel anything, and that only indicates that you may have peripheral neuropathy (probably related to diabetes) (Mayo Clinic, 2025). I palpate your belly: the region is soft, and there is no pain

or anything unusual. I also examine your eyes to see whether there are any signs of diabetic complications. Your students respond normally to light, although I would advise scheduling an appointment with an ophthalmologist for a thorough examination of the eyes to exclude the possibility of diabetic retinopathy.