Do the ABCDEF pediatric exam every time, make it systematic, this will help you provide excellent care and avoid missing important findings!

- **Appearance** – look at the kiddo when you walk in the room and make a habit of noting these findings
  - Normal = good tone, alert, calm interactive
  - Not normal = floppy, weak, non-interactive, irritable
- **Breathing** – looking for signs of increased work of breathing
  - Nasal flaring, retractions, abnormal respiratory sounds
- **Color** – pink is good
  - Pale, blue (cyanotic), mottling (blotchy) -> abnormal! These kiddos go into the sick category!
- **Distractibility** – crying kiddo = game over, your exam just got a lot harder
  - Find your tricks: toys, mom, stethoscope (please clean it first)
  - Do whatever you have to do so that kiddo stays calm!
- **ENT** – in kiddos these issues can masquerade as other complaints (like ‘belly pain’)
  - Look in ears, nose, and mouth
- **Fully undress** – kiddos cannot localize symptoms! So you have to be extra thorough to find abnormalities.
  - Do thorough head to toe!
  - Make sure to include fontanelles, neck stiffness, abdominal, GU, hands, feet, and checking skin for bruises

**Quick Facts**

- ABC (appearance, breathing, color) = pediatric assessment triangle -> is this kid sick or not sick?
- If you’re really struggling to get a look at posterior pharynx in kiddo, one trick is to elicit a gag reflex which will cause the mouth to briefly open wide.