

Pediatric Exam
11/26/2017

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

- **A**pppearance – look at the kiddo when you walk in the room and make a habit of noting these findings
 - o Normal = good tone, alert, calm interactive
 - o Not normal = floppy, weak, non-interactive, irritable
- **B**reathing – looking for signs of increased work of breathing
 - o Nasal flaring, retractions, abnormal respiratory sounds
- **C**olor – pink is good
 - o Pale, blue (cyanotic), mottling (blotchy) -> abnormal! These kiddos go into the sick category!
- **D**istractibility – crying kiddo = game over, your exam just got a lot harder
 - o Find your tricks: toys, mom, stethoscope (please clean it first)
 - o Do whatever you have to do so that kiddo stays calm!
- **E**NT – in kiddos these issues can masquerade as other complaints (like ‘belly pain’)
 - o Look in ears, nose, and mouth
- **F**ully undress – kiddos cannot localize symptoms! So you have to be extra thorough to find abnormalities.
 - o Do thorough head to toe!
 - o 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.