

RESPIRATORY ASSESSMENT CHECKLIST

Page 1 - Quick reference | For education and simulation

1

Initial assessment

Assess breathing effort, posture, colour and ability to speak.
Check for distress and note baseline observations.
Prompt: Comfortable? Breathless? Using accessory muscles?

2

Respiratory rate and SpO2

Count respiratory rate; assess rhythm, depth and SpO2.
Prompt: Record oxygen delivery and compare with baseline.

3

Inspect and palpate

Inspect chest expansion; assess symmetry and tenderness.
Prompt: Equal expansion? Any asymmetry or discomfort?

4

Auscultate breath sounds

Listen systematically and compare both lung fields.
Prompt: Clear, reduced, wheeze or crackles?

5

Document and escalate

Record findings and trends; promptly report deterioration.
Prompt: Follow local oxygen targets and escalation policy.

Use local respiratory assessment and escalation protocols.

RESPIRATORY ASSESSMENT CHECKLIST

Page 2 - Practice worksheet | Simulation cases only

Simulation scenario: _____

Date: _____

1 - Initial observations

Work of breathing, colour, posture, speech

2 - Respiratory observations

RR ____ /min SpO2 ____ % Oxygen/device _____

3 - Inspection and palpation

Chest movement, symmetry, tenderness

4 - Auscultation

Breath sounds: right / left; added sounds

5 - Documentation / escalation

Trends, concerns, actions and reassessment

Use fictional simulation data only; do not enter real patient identifiers.

RESPIRATORY ASSESSMENT CHECKLIST

Page 3 - Assessment checklist and safety reminders

RESPIRATORY ASSESSMENT CHECKLIST

- ☐ Have I introduced myself and confirmed patient identity?
- ☐ Have I assessed breathing effort, posture and speech?
- ☐ Have I counted respiratory rate and assessed rhythm?
- ☐ Have I recorded SpO2 and oxygen delivery, if used?
- ☐ Have I inspected chest movement and symmetry?
- ☐ Have I palpated chest expansion as appropriate?
- ☐ Have I auscultated and compared both lung fields?
- ☐ Have I compared findings with baseline and trends?
- ☐ Have I documented and escalated concerning changes?

SAFETY REMINDERS

Follow local assessment, oxygen and documentation procedures.
Escalate severe breathlessness, cyanosis or sudden deterioration.

Educational use only

This resource supports student learning and simulated respiratory assessment. It is not an approved clinical chart and does not replace supervision or clinical judgement. Do not record identifiable patient information. Follow current local policies and your supervising clinician's directions.