

STUDENT:

FACILITATOR:

DONE 1 pt.	NOT DONE 0 pt.	Mid Semester 3-Female Patient BASIC SCREENING PHYSICAL EXAMINATION CHECKLIST
		1. WASH HANDS
		PATIENT SITTING, FACING THE EXAMINER
		2. Inspect & palpate fingers (nails, joints) hands (palms), wrists, elbows, and arms (muscles, joints, and skin).
		3. Test passive ROM in fingers, wrists, and elbows.
		4. Test active ROM in fingers, wrists, and elbows.
		5. Test muscle strength in hand/fingers, wrists, forearms and arms.
		6. Palpate radial pulses simultaneously.
		7. Check blood pressure by palpation 1 arm.
		8. Check blood pressure by auscultation both arms.
		9. Inspect head and neck (configuration, scalp, and skin). Student verbalizes findings.
		10. Inspect eyelids, conjunctivae and sclerae. Student verbalizes findings.
		11. Test visual acuity in both eyes (CN II) with pocket screener.
		12. Test visual fields (CN II).
		13. Check extra-ocular muscles by examining for 6 cardinal positions of gaze (CN III, IV, VI).
		14. Check for accommodation (convergence & pupil constriction)
		15. Test pupillary reaction to light (direct and consensual – CN II, III).
		16. Perform fundusopic examinations (right and left).
		17. Test light touch of face (CN V).
		18. Ask patient to wrinkle forehead or raise both eyebrows and then to smile and show teeth (CN VII).
		19. Test hearing (CN VIII).
		20. Inspect mouth with light source (teeth, gums, tongue, mucosa, ducts, tonsillar fossa, pharynx).
		21. Ask patient to say “aah” and cough (CN X),
		22. Ask patient to protrude his/her tongue (CN XII).

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		23. Ask patient to shrug shoulders against resistance (checking trapezius muscles) and laterally rotate his/her head against resistance (checking sternocleidomastoid muscles) CN XI.
		24. Inspect external ears (right and left). Student verbalizes findings.
		25. Perform otoscopic examinations (right and left ears).
		26. Inspect nose and nasal cavities with otoscope (mucosa, septum, turbinates).
		27. Inspect, palpate, and test shoulder ROM including internal and external rotation.
		28. Check full ROM of neck including flexion, extension, lateral rotation, and head tilt.
		MOVE TO POSITION BEHIND PATIENT
		29. Palpate the salivary glands and the head and neck lymph nodes. Palpate the salivary glands and the head and neck lymph nodes.
		30. Palpate trachea for position and mobility in the sternal notch.
		31. While patient swallows a sip of water, palpate for the thyroid gland.
		32. Inspect the chest wall and skin. During patient's deep breathing, observe chest posteriorly for symmetry and check for respiratory excursion.
		33. Percuss spine and costovertebral angle.
		34. Percuss the lung fields. Always begin at the apices and alternate bilaterally comparing right and left sides.
		35. Check for tactile fremitus of lung fields. Always begin at the apices and alternate bilaterally comparing right and left sides.
		36. Auscultate the lung. Always begin at the apices and alternate bilaterally comparing right and left sides.
		MOVE TO FRONT OF PATIENT
		37. Inspect breasts and nipples while patient's: <ul style="list-style-type: none"> • arms are relaxed at sides • arms are above head • hands are pressed against hips • hands are pressed against hips and patient is leaning forward
		38. Palpate axillary nodes (against chest, anterior and posterior) bilaterally
		ASK PATIENT TO LIE FLAT
		39. Standing at patient's side, student tells patient to raise ipsilateral arm then palpates that breast using vertical stripe method
		RAISE PATIENT TO 30°
		40. Identify and inspect internal and external jugular neck veins. Estimate Central Venous Pressure (CVP) by measuring for the maximum height of the internal jugular vein from the sternal angle.
		LAY PATIENT FLAT – STAND ON PATIENT'S RIGHT SIDE
		41. Palpate carotid arteries (one at a time).

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		42. Auscultate carotid arteries.
		43. Palpate suprasternal notch for abnormal pulsations or thrills.
		44. Inspect precordium for parasternal and apical impulses. Inspect anterior chest wall and skin.
		45. Palpate precordium for lifts, heaves, thrills and pulsations. Identify and measure the size of the PMI.
		46. Auscultate heart in five locations, using both bell and diaphragm.
		47. Inspect abdomen and abdominal skin. Student verbalizes findings..
		48. Auscultate abdomen. Student verbalizes findings.
		49. Palpate abdomen superficially in all four quadrants.
		50. Palpate abdomen deeply in all four quadrants.
		51. Palpate for liver edge.
		52. Palpate for spleen tip.
		53. Percuss liver span in right MCL.
		54. Palpate for kidneys.
		55. With patient in right lateral decubitus position, palpate for spleen.
		STAND BESIDE PATIENT'S LEG, ADJUST DRAPING SHEET
		56. Palpate superficial inguinal nodes, horizontal and vertical.
		57. Palpate femoral pulses.
		58. Auscultate femoral arteries.
		59. Inspect, palpate, and test passive ROM in lower extremities - muscles, joints, and skin including feet, ankles, knees and hips.
		60. Inspect, palpate, and test active ROM in lower extremities - muscles, joints, and skin including feet, ankles, knees and hips.
		61. Test muscle strength in lower extremities including feet, ankles, knees and hips.
		62. Check for edema in lower extremities.
		63. Palpate dorsalis pedis and posterior tibial pulses.
		64. Start distal to proximal, test light touch in all four extremities, UE 1 st , then LE.
		65. Start distal to proximal, test sharp/pain in all four extremities, UE 1 st , then LE.
		66. Test vibration in all four extremities.

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		67. Test position sense in all four extremities.
		68. Test biceps reflexes bilaterally.
		69. Elicit triceps reflexes bilaterally.
		70. Elicit brachioradialis reflexes bilaterally.
		71. Elicit knee reflexes bilaterally.
		72. Elicit ankle reflexes bilaterally.
		73. Elicit plantar reflex bilaterally.
		74. Ask patient to extend arms and check finger-to-nose-to-finger and fine finger movements. Check heel-to-knee-to-shin in both legs.
		ASK PATIENT TO STAND
		75. Observe patient's gait.
		76. Observe patient's tandem walking.
		77. Perform Romberg test. Student tells patient to put feet together and close eyes.
		78. Student stands behind patient to inspect spine and evaluate ROM including flexion, extension, and lateral bending – include lateral rotation.
		79. WASH HANDS.

COMMENTS:
