

Name:

Date:

Evaluator:

**UMMSM Essential Physical Examination
COMPLETE EXAM
Level ONE Benchmarks
(Additional Neuro Exam Maneuvers Not Included)**

"P" = skill performed properly and completely

"R" = needs remediation or has improper technique

No check means the skill was not performed

Professionalism	P	R	Comments (Refer to Item #)	HEENT	P	R
1. Washes hands before encounter <i>Evaluator: Please prompt student to wash hands prior to beginning competency testing, if not initiated by student</i>	<input type="checkbox"/>	<input type="checkbox"/>			Eyes	
Pt sitting, examiner in front Vital Signs	P	R		12. Inspects external structures <i>Evaluator: Student should inspect eyelids; inspect conjunctiva & sclera by having patient look up as lower lids are depressed with thumbs</i>	<input type="checkbox"/>	<input type="checkbox"/>
2. Palpates radial pulses both hands <i>Evaluator: Student should stand in front and grasp both radial arteries; radial pulses should be palpated using pads of the fingers on patient's flexor surfaces of the wrists laterally</i>	<input type="checkbox"/>	<input type="checkbox"/>		13. Tests visual acuity <i>Evaluator: Using pocket eye card, student should assess acuity one eye at a time; patient covers one eye at a time; card held at patient's comfortable arm length</i>	<input type="checkbox"/>	<input type="checkbox"/>
3. Observes respirations <i>Evaluator: Student should observe the pattern of breathing (they do not have to count respirations)</i>	<input type="checkbox"/>	<input type="checkbox"/>		14. Tests visual fields <i>Evaluator: Student should ask patient to look forward and to cover one eye at a time; student's hands in close and perpendicular to line of vision; student asks patient how many fingers are seen, using 1, 2, or 5 fingers</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. Measures blood pressure <i>Evaluator: Arm selected for measuring should be FREE of clothing, arm should be positioned at heart level, cuff positioned at approx 2.5cm above antecubital crease, diaphragm of stethoscope placed lightly over brachial artery, cuff inflated to approx 160 mm Hg, and deflated slowly 2-3 mm Hg/sec</i>	<input type="checkbox"/>	<input type="checkbox"/>		15. Tests pupillary light reflex <i>Evaluator: Student should assess both direct and consensual reaction to light using light source</i>	<input type="checkbox"/>	<input type="checkbox"/>
HEENT	P	R		16. Extraocular movements <i>Evaluator: Student should ask patient to follow finger while sweeping through a "cross" in the air; student may hold patient's chin to stabilize in midline position</i>	<input type="checkbox"/>	<input type="checkbox"/>
Head				17. Funduscopic exam <i>Evaluator: Student should use the same eye as that which is being examined (e.g. ophthalmoscope in right hand using right eye to examine right eye); student should first check red reflex of the eye approx 15" away; ask patient to look at point in distance; examine each using the lens disc to focus as necessary</i>	<input type="checkbox"/>	<input type="checkbox"/>
5. Inspects face & cranium <i>Evaluator: Student should note hair for quantity, distribution & texture; scalp and skull for lesions; face for symmetry & masses</i>	<input type="checkbox"/>	<input type="checkbox"/>		Ears		
6. Palpates cranium <i>Evaluator: Student should palpate for deformities, depressions, lumps, or tenderness</i>	<input type="checkbox"/>	<input type="checkbox"/>		18. Inspects ears <i>Evaluator: Student should inspect each auricle and surrounding tissues for deformities/lesions</i>	<input type="checkbox"/>	<input type="checkbox"/>
7. Palpates TMJ and masseters <i>Evaluator: Student should place tips of index fingers anterior to tragus of each ear and ask patient to open mouth to evaluate TMJ; palpate masseters</i>	<input type="checkbox"/>	<input type="checkbox"/>		19. Palpates ears <i>Evaluator: Student should move the auricle up & down; press the tragus to assess for tenderness</i>	<input type="checkbox"/>	<input type="checkbox"/>
8. Palpates nodes head/neck <i>Evaluator: Anteriorly, student should systematically palpate nodes using pads of index/middle fingers</i>	<input type="checkbox"/>	<input type="checkbox"/>		20. Hearing acuity <i>Evaluator: Student should use finger rubbing technique to estimate hearing one ear at a time</i>	<input type="checkbox"/>	<input type="checkbox"/>
9. Palpates sinuses <i>Evaluator: Student should press on frontal, maxillary, and ethmoid sinuses</i>	<input type="checkbox"/>	<input type="checkbox"/>		21. Otoscopic examination <i>Evaluator: Ear canal should be straightened by gently pulling auricle superior and posterior; otoscope held upside down using fingers as a brace against patient's face; a speculum should be used</i>	<input type="checkbox"/>	<input type="checkbox"/>
10. Percusses sinuses <i>Evaluator: Student should tap on sinuses</i>	<input type="checkbox"/>	<input type="checkbox"/>		Nose		
11. Assesses CN 7 <i>Evaluator: Student should ask patient to: raise eyebrows, close eyes tight and resist student trying to open them, smile, & puff out cheeks</i>	<input type="checkbox"/>	<input type="checkbox"/>		22. Inspects nares <i>Evaluator: Patient's head should be tilt back some; light source used to visualize nasal passage</i>	<input type="checkbox"/>	<input type="checkbox"/>

HEENT	P	R	Comments (Refer to Item #)	Pt sitting, examiner in <u>front</u>
Mouth and Throat				Chest-Anterior P R
23. Inspects mouth				38. Inspects thorax
Evaluator: Lips, oral mucosa, gums, teeth, tongue & palate should be inspected using light source & tongue blade; tongue should be lifted				Evaluator: Student should observe the shape of patient's chest and movement of chest wall; inspect for deformities or asymmetry
24. Assesses palatal elevation				39. Percusses lungs
Evaluator: Patient asked to say "ah" to assess				Evaluator: Student should percuss anterior chest, inferior to the clavicles, comparing both sides
25. Tests for tongue strength				40. Auscultates apices/anterior chest
Evaluator: Patient asked to put out tongue and move side to side OR patient asked to push tongue against inside of each cheek while student palpates externally for strength				Evaluator: Student uses diaphragm to listen to at least 2 paired locations anteriorly; uses bell to auscultate apices
Neck & Shoulder				41. Auscultates heart, sitting
26. Inspects neck				Evaluator: Using the diaphragm, student should listen to the patient's precordium in at least 1 position (LSB)
Evaluator: Student should inspect neck, noting symmetry, masses or scars				Pt supine at 30°, Examiner on right
27. Assesses ROM of neck				Cardiovascular P R
Evaluator: Student should ask patient to perform neck flexion, extension, rotation & lateral bending				42. Pt properly positioned & draped
28. Assesses head turn				Evaluator: Pt lying supine; HOB at 30°; leg rest extended pt draped for modesty with breasts covered; examined from right side of bed. If done incorrectly, student should be corrected <u>PRIOR</u> to proceeding
Evaluator: Patient should be asked to turn head to each side against student's hand observing opposite SCM contraction while other hand stabilizes body				43. Inspects neck (venous pulsations)
29. Assesses shoulder shrug				Evaluator: At 30°, inspect JVP while turning patient's head slightly away from side being inspected; use of tangential lighting may be used
Evaluator: Patient asked to shrug both shoulders upward against student's hands				44. Auscultates carotid artery
Pt sitting, examiner moves behind				Evaluator: Patient should be asked to hold breath; bell of stethoscope placed lightly over carotid immediately inferior to angle of mandible; should be done <u>PRIOR</u> to palpation of carotid artery!
Back	P	R		45. Palpates carotid pulse
30. Palpates head/neck nodes				Evaluator: Using middle and index fingers, palpate artery, located lower 1/3 of neck
Evaluator: Posteriorly, student should systematically palpate nodes using pads of index/middle fingers				46. Inspects precordium
31. Palpates trachea				Evaluator: Student should inspect anterior chest to reveal PMI, or other ventricular movements
Evaluator: Student should feel for any deviation				47. Palpates precordium
32. Palpates thyroid				Evaluator: Student palpate for PMI and valvular thrills using fingerpads; student should check for lifts using the ball of the hand
Evaluator: Student should place fingers just below and slightly lateral to cricoid cartilage; ask to swallow				48. Auscultates with diaphragm/bell
33. Inspects thorax				Evaluator: Using both the bell and diaphragm, students should listen to the patient's precordium in all 4 locations (aortic, pulmonic, tricuspid, mitral)
Evaluator: Student should evaluate posterior chest for deformities, asymmetry, impaired respiratory movement, & abnormal retractions				49. Auscultates Pt in left lateral decub
34. Palpates & percusses spine				Evaluator: Student should ask patient to roll partly on left side, placing bell lightly over apical impulse
Evaluator: Student should palpate the vertebral spinous processes, then percuss vertebrae for tenderness by thumping with ulnar surface of fist				Pt supine with HOB flat, Examiner on right
35. Palpates & percusses CVAs				Abdomen P R
Evaluator: Student should apply pressure with fingertips & use fist percussion at CVA to elicit for possible tenderness				50. Pt properly positioned & draped
36. Percusses posterior/lateral chest				Evaluator: Pt lying supine; HOB flat; leg rest extended; pt draped exposing abdomen from xiphoid process to midway between iliac crests & symphysis pubis; examined from right side of bed. If done incorrectly, student should be corrected <u>PRIOR</u> to proceeding
Evaluator: Student should percuss posterior & lateral chest side to side in 3 paired symmetrical levels posteriorly & 1 paired level laterally; to percuss student strikes middle finger of 1 hand with middle finger of other hand (using wrist motion)				51. Inspects abdomen
37. Auscultates lungs				Evaluator: Student should inspect abdomen: skin, umbilicus, contour, symmetry, presence of masses or pulsations
Evaluator: Student should use the diaphragm to auscultate from side to side <u>underneath</u> gown; posteriorly (x3) and laterally (x1); patient should be instructed to breath deeply through open mouth				

Pt <u>supine</u> with HOB flat, Examiner on <u>right</u>	Comments (Refer to Item #)		Pt <u>sitting</u> , examiner in <u>front</u>
Abdomen	P	R	Upper extremities
52. Auscultates abdomen			66. Inspects fingers/wrist/elbows & shoulders
<i>Evaluator: Student should auscultate in all 4 quadrants <u>PRIOR</u> to percussion or palpation</i>			<i>Evaluator: Student should inspect fingers, wrists, elbows & shoulders for symmetry, joint deformities & redness</i>
53. Percusses abdomen			67. Palpates fingers/wrist/elbows & shoulders
<i>Evaluator: Student should lightly percuss tapping over middle finger in all 4 quadrants</i>			<i>Evaluator: Student should palpate fingers, wrist, elbows & shoulders for swelling, warmth, tenderness; student should palpate each MCP joint using thumbs (or other two fingers) just distal to and on each side of knuckle; DIP and PIP joints should be palpated using 4 fingers (thumb & index finger palpating medial/lateral aspects, thumb & index finger palpating superior and posterior aspects)</i>
54. Palpates abdomen			68. Assesses ROM fingers/wrist/elbows & shoulders
<i>Evaluator: Students should palpate all 4 quadrants using a dipping or circular motion; one hand guides while the other palpates; patient's legs may be flexed for abdominal wall relaxation, in necessary</i>			<i>Evaluator: Student should assess active & passive ROM of fingers, wrists, elbows, & shoulders</i>
55. Percusses lower liver border			Pt <u>standing</u>, Examiner <u>behind</u>
<i>Evaluator: Starting at level below umbilicus at mid clavicular line, student should percuss upwards toward lower liver border; location of lower border should be assessed <u>PRIOR</u> to palpation</i>			Back
56. Palpates liver			69. Inspects spine
<i>Evaluator: Student should place left hand behind patient (supporting the patient's right 12th rib); right hand is placed on patient's right abdomen lateral to rectus muscle; patient is asked to take deep breath as student presses inward & upward with right hand</i>			<i>Evaluator: Student should inspect spine for symmetry, normal lordosis, alignment, pelvis symmetry; evaluate posture</i>
57. Palpates spleen			70. Assesses ROM of spine
<i>Evaluator: Using left hand, student should reach over patient & press forward adjacent soft tissues; right hand is placed below left lateral costal margin at mid axillary line; pt is asked to take deep breath as student presses inward & upward with right hand</i>			<i>Evaluator: Back ROM should be assessed on forward flexion, extension, lateral flexion, & rotation</i>
58. Palpates inguinal lymph nodes			
<i>Evaluator: Student should at least indicate location where nodes should be palpated (SP may not feel comfortable with this maneuver)</i>			
59. Palpates femoral arteries			
<i>Evaluator: Student should at least indicate that femoral pulse would be felt below inguinal ligament (SP may not feel comfortable with this maneuver)</i>			
Lower Extremities	P	R	
60. Inspects lower extremities			
<i>Evaluator: Student should inspect legs for size, symmetry, venous pattern, lesions</i>			
61. Palpates pedal pulses			
<i>Evaluator: Student should palpate at least dorsalis pedis pulse (on dorsum of foot) and posterior tibial pulse (slightly below medial malleolus)</i>			
62. Assesses for pedal edema			
<i>Evaluator: Press firmly with thumb over shin</i>			
63. Inspects knees/ankles/feet			
<i>Evaluator: Student should inspect knees, ankles, feet for symmetry, joint deformities & redness</i>			
64. Palpates knees/ankles/feet			
<i>Evaluator: Student should palpate knees, ankles, feet for swelling, warmth, tenderness</i>			
65. Assesses ROM hip/knees/ankles			
<i>Evaluator: Student should assess active & passive ROM of hips, knees, ankles</i>			