

Student Name:

Date:

Instructor:

**UMMSM Essential Physical Examination
CARDIOVASCULAR EXAM
Level ONE Benchmarks**

Instructor instructions: Please instruct the student to perform these selected portions of the essential physical exam. Please check the appropriate box ("P" or "R") for each step of the exam. Certification requires correctly performing all aspects of the highlighted maneuvers.

"P" = skill performed **properly and completely**

"R" = needs **remediation or has improper technique**

No check means the skill was not performed

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Professionalism	Comments (Refer to Item #)	P	R
1. Washes hands before encounter <i>Instructor: Please prompt student to wash hands <u>prior</u> to beginning competency testing, if not initiated by student</i>			
Pt sitting, examiner in front			
Chest-Anterior		P	R
2. Auscultates heart, sitting <i>Instructor: Using the diaphragm, student should listen to the patient's precordium in at least 1 position (LSB)</i>			
Pt supine at 30°, Examiner on right			
Cardiovascular		P	R
3. Pt properly positioned & draped <i>Evaluator: Pt lying supine; HOB 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</i>			
4. Inspects neck (venous pulsations) <i>Instructor: At 30°, inspect JVP while turning patient's head slightly away from side being inspected; use of tangential lighting may be used</i>			
5. Auscultates carotid artery <i>Instructor: 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!</i>			
6. Palpates carotid pulse <i>Instructor: Using middle and index fingers, palpate artery, located lower 1/3 of neck</i>			
7. Inspects precordium <i>Instructor: Student should inspect anterior chest to reveal PMI, or other ventricular movements</i>			
8. Palpates precordium <i>Instructor: Student palpate for PMI and valvular thrills using fingerpads; student should check for lifts using the ball of the hand</i>			
9. Auscultates with diaphragm/bell <i>Instructor: Using both the bell and diaphragm, students should listen to the patient's precordium in all 4 locations (aortic, pulmonic, tricuspid, mitral)</i>			
10. Auscultates Pt in left lateral decub <i>Instructor: Student should ask patient to roll partly on left side, placing bell lightly over apical impulse</i>			

General comments / overall impressions of this student's performance.