

Student Name:

Date:

Instructor:

**UMMSM Essential Physical Examination
VITAL SIGNS
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 prior to beginning competency testing, if not initiated by student</i>			
Pt sitting examiner in front			
Vital Signs		P	R
2. Palpates the radial pulses on both hands <i>Instructor: Student should stand in front of patient 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>			
3. Observes respirations <i>Instructor: Student should observe the pattern of breathing (they do not have to count respirations)</i>			
4. Measures the blood pressure in both arms <i>Instructor: 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, <u>diaphragm</u> of stethoscope placed lightly over brachial artery, cuff inflated to approx 160 mm Hg, and deflated slowly 2-3 mm Hg/sec</i>			

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