

Student: _____

Examiner: _____

Steps		Yes/No	Notes
General appearance, skin, & vital signs			
General appearance	Observe general appearance		
Skin	Perform an integrated skin exam during entire exam		
Vital Signs	Pulse: measure radial pulse for 15 seconds		
	Measure systolic and diastolic blood pressure by auscultation		
	Respiratory rate: count the respirations for 30 seconds		
HEENT			
General Impression	Inspect size and shape of the head and the scalp		
	Inspect for symmetry, masses, and signs of trauma		
	Inspect the skin as you perform the HEENT exam		
	Note any difficulty with breathing or speech		
Eyes	Measure visual acuity		
	Inspect the eyelids, lashes, bulbar & palpebral conjunctiva, sclera, cornea, anterior chamber, and iris		
	Assess pupils		
	Perform ophthalmoscopy*		
Ears	Inspect auricle and mastoid		
	Examine auditory canals, TMs, and middle ear structures*		
	Assess hearing with finger rubbing		
Nose	Examine the external nose, nares, septum, and nasal cavities*		
Mouth	Inspect the lips, buccal mucosa, tongue, floor of mouth, palate, palatine tonsils, and posterior pharyngeal wall		
	Inspect the teeth and gums		
	Palpate parotid glands		
	Palpate temporomandibular joints (TMJ)		
Neck	Inspect the neck		
	Palpate the neck, including lymph nodes (anterior cervical, posterior cervical, and supraclavicular)		
	Palpate thyroid		
Chest			
Inspection	Observe respiratory effort and note any signs of respiratory distress		
	Inspect the skin of the posterior chest		
Palpation	Assess symmetry of respiratory excursion		
	Assess tactile fremitus		
Percussion	Percuss the chest posteriorly		
	Percuss the spine and the costovertebral angles		
Auscultation	Auscultate the chest using the diaphragm of the stethoscope posteriorly, laterally, and anteriorly		
Cardiovascular			
Inspection	Inspect and measure JVP		
	Inspect the precordium		
	Inspect the skin of the anterior chest and neck as you perform the CV exam		
Palpation	Palpate the apical impulse		
	Palpate LLSB for lifts		
	Palpate the carotid arteries		
Auscultation	Listen at each location with the diaphragm: RUSB, LUSB, LLSB, apex		
	Listen with the bell at the cardiac apex		

Steps		Yes/No	Notes
	Listen for bruits over each carotid artery		
Peripheral Circulation	Palpate each of the following pulses on each side: radial, femoral, DP, PT		
Edema	Inspect for pedal edema		
Abdomen			
Inspection	Observe the patient for discomfort		
	Inspect the abdominal contour		
	Inspect skin as you examine the abdomen		
Auscultation	Listen in one place with the diaphragm of the stethoscope		
Percussion & Palpation	Percuss all four quadrants		
	Palpate all 4 quadrants		
	Percuss the liver		
	Palpate the lower liver edge		
	Palpate for an enlarged spleen		
	Palpate for inguinal LAD		
Neurologic			
Mental Status	Observe the level of consciousness		
	Observe speech and language		
	Assess orientation to person, place, and time		
	Assess short term memory		
Cranial Nerves	If not done in the HEENT exam, test visual acuity & visual fields for each eye (CN II)		
	If not done in the HEENT exam, test pupillary reaction (CN II and III)		
	Test eyelid opening (CN III)		
	Test extra-ocular movements (CN III, IV, VI), observing for nystagmus (CN VIII)		
	Test facial sensation & muscles of mastication (CN V)		
	Test muscles of facial expression (CN VII)		
	Test hearing (CN VIII)		
	Test palatal rise to phonation (CN IX and X)		
	Test sternocleidomastoid & upper trapezius muscle strength (CN XI)		
Test tongue symmetry and protrusion (CN XII)			
Motor	Assess bulk, tone, and strength: <ul style="list-style-type: none"> Upper extremities: Shoulder abductors, arm flexors & extensors, wrist flexors & extensors, finger abductors and flexors Lower extremities: Hip flexors, abductors & adductors; knee flexors & extensors, foot dorsiflexors & plantar flexors Pronator drift 		
Reflexes	Upper extremity: biceps, triceps, & brachioradialis		
	Lower extremity: patellar & Achilles		
	Plantar reflex		
Sensation	Romberg test		
Cerebellum	Finger-to-nose test		
	Heel-to-shin test		
	Gait		

*This portion of the exam may be deferred until after Immersion. Check with your FCM faculty at your site for details.