

Question: Examine JVP

Steps (total 26)	Check if done
Introduce himself/herself	<input type="checkbox"/>
Ask for permission to do examination	<input type="checkbox"/>
Comment on the room settings	<input type="checkbox"/> privacy <input type="checkbox"/> warmth <input type="checkbox"/> adequate light
Comment on hand hygiene	<input type="checkbox"/>
Position the Pt in semi-recumbant (45°)	<input type="checkbox"/>
ask pt to slightly turn his head to the Lt side	<input type="checkbox"/>
Stand at the right side of the pt	<input type="checkbox"/>
Inspect the neck for visible pulsation	<input type="checkbox"/>
Comment on the visible pulse; 2 pulses were visible an outward single peaked arterial pulse and an inward double waved venous pulse.	<input type="checkbox"/>
Ask pt to hold his breath at deep inspiration	<input type="checkbox"/>
Comment that JVP decreases on inspiration	<input type="checkbox"/>
Ask the pt to sit up, while he observe the effect on the pulse	<input type="checkbox"/>
Comment that JVP disappears on sitting upright	<input type="checkbox"/>
Ask for any site of pain in the neck before palpation	<input type="checkbox"/>
Warm his hands before palpation	<input type="checkbox"/>
Palpate the visible pulse	<input type="checkbox"/>
Comment that JVP pulse is impalpable	<input type="checkbox"/>
Do neck obliteration test	<input type="checkbox"/>
Comment that JVP disappears on neck obliteration	<input type="checkbox"/>
Warn the pt that he's going to push his abdomen and ask if the abdomen is tender	<input type="checkbox"/>
Perform abdomino-jagular reflex	<input type="checkbox"/>
Comment that JVP increases with abdomino-jagular reflex	<input type="checkbox"/>
Comment on the need to measure JVP	<input type="checkbox"/>
Auscultate the neck for venous hum	<input type="checkbox"/>

Question: Do percussion & auscultation of the posterior chest

Steps (total 29)	Check if done
Introduce himself/herself	<input type="checkbox"/>
Ask for permission to do examination	<input type="checkbox"/>
Comment on the room settings	<input type="checkbox"/> privacy <input type="checkbox"/> warmth <input type="checkbox"/> adequate light
Comment on hand hygiene	<input type="checkbox"/>
Expose the back to the iliac crest.	<input type="checkbox"/>
Position the patient Sitting upright, scapula apart (arms crossed)	<input type="checkbox"/>
Stand at the right side of the pt	<input type="checkbox"/>
Percuss the following locations	<input type="checkbox"/> Lung apices <input type="checkbox"/> 2 locations medial to scapula <input type="checkbox"/> 2 locations below the scapula <input type="checkbox"/> 3 locations in the axillary area
Comment on percussion note	<input type="checkbox"/> symmetrical bilateral resonant percussion note all over the chest
Comment on the need to check diaphragmatic excursion	<input type="checkbox"/>
Auscultate using the diaphragm of the stethoscope	<input type="checkbox"/>
Ask the pt to take a deep breath using his mouth when placing the stethoscope on his chest then Listen for breath sounds over the following locations;	<input type="checkbox"/> Lung apices <input type="checkbox"/> 2 locations medial to scapula <input type="checkbox"/> 2 locations below the scapula <input type="checkbox"/> 3 locations in the axillary area
Comment on breath sounds	<input type="checkbox"/> vesicular breathing sound <input type="checkbox"/> wheeze <input type="checkbox"/> crackles <input type="checkbox"/> pleural friction rubs <input type="checkbox"/> clicks
Comment on vocal resonance	<input type="checkbox"/>
Comment on Aegophony	<input type="checkbox"/>
Comment on Whispering pectoriloquy	<input type="checkbox"/>
Thank the pt	<input type="checkbox"/>

Question: Do inspection then palpate the abdomen

Steps (total 29)	Check if done
Introduce himself/herself	<input type="checkbox"/>
Ask for permission to do examination	<input type="checkbox"/>
Comment on the room settings	<input type="checkbox"/> privacy, warmth, adequate light
Comment on hand hygiene	<input type="checkbox"/>
exposure from the nipples to the knees	<input type="checkbox"/>
Position the pt lying in flat position with head rested on one pillow (15°-20° above horizontal)	<input type="checkbox"/>
Inspect the abdomen from foot of the bed, comment on the following	<input type="checkbox"/> symmetry <input type="checkbox"/> movement with respiration <input type="checkbox"/> shape of abdomen <input type="checkbox"/> Site & shape of umbilicus
Inspect from the right side of the patient, and comment on	<input type="checkbox"/> Scars <input type="checkbox"/> scratch marks <input type="checkbox"/> Striae <input type="checkbox"/> Visible masses
Ask the pt to cough, comment on cough impulse	<input type="checkbox"/>
Comment on hernial orifices	<input type="checkbox"/>
Test for Divarication of recti	<input type="checkbox"/>
Sit at the right side of the patient	<input type="checkbox"/>
Ask for any area of tenderness on the abdomen	<input type="checkbox"/>
Warm his hands	<input type="checkbox"/>
maintain eye-to-eye contact throughout examination	<input type="checkbox"/>
Palpate for the liver starting from RIF	<input type="checkbox"/>
Do murphy's sign	<input type="checkbox"/>
Palpate for the spleen starting from RIF	<input type="checkbox"/>
ask the pt to flex his knees and roll to his Rt side, and palpate the spleen while in that position	<input type="checkbox"/>
Using correct maneuver for palpation of liver & spleen	<input type="checkbox"/>
Do kidney bimanual exam	<input type="checkbox"/>
Do kidney ballotement test	<input type="checkbox"/>
Check for costophrenic angle tenderness	

Question: Examine the trigeminal and facial nerves

Steps	Check if done
Introduce himself/herself	<input type="checkbox"/>
Ask for permission to do examination	<input type="checkbox"/>
Comment on the room settings	<input type="checkbox"/> privacy, warmth, adequate light
Trigeminal	
Inspect for muscle wasting on the temporal region	<input type="checkbox"/>
Palpate the bulk of masseter and temporalis (ask the pt. to clinch his teeth)	<input type="checkbox"/>
Ask the patient to open his jaw while you apply upward resistance	<input type="checkbox"/>
Test for sensation	<input type="checkbox"/> Ask the patient to close his eyes <input type="checkbox"/> Test sensations at dermatomes of (ophthalmic, maxillary, mandibular) bilaterally <input type="checkbox"/> Light touch using cotton wool <input type="checkbox"/> Pain using neurotip <input type="checkbox"/> Sensation of anterior 2/3 of tongue using orange stick
Test reflexes	<input type="checkbox"/> Corneal reflex (Afferent CN5 Efferent CN7) <input type="checkbox"/> Jaw reflex (Afferent CN5 efferent CN5)
Facial nerve	
Inspect for	<input type="checkbox"/> Facial asymmetry <input type="checkbox"/> Presence of nasolabial folds <input type="checkbox"/> Deviation of the angle of the mouth
Motor:	<input type="checkbox"/> Ask pt to look up to inspect for forehead wrinkles ... Frontalis <input type="checkbox"/> Ask the patient to close his eyes tightly against resistance, examine power... Orbicularis oculi <input type="checkbox"/> Ask the patient to blow out his cheeks against resistance, examine power ... Buccinator <input type="checkbox"/> Ask patient to show his teeth <input type="checkbox"/> (optional) Ask pt to whistle ... Orbicularis oris <input type="checkbox"/> (optional) Ask pt to cringe ... Platysma
Comment on taste test of anterior 2/3 of the tongue	<input type="checkbox"/>
Comment on Schirmer's test	<input type="checkbox"/>
Do corneal reflex	<input type="checkbox"/>
Test for hyperacusis (Facial nerve innervates the stapedius muscle)	<input type="checkbox"/>

Question: Examine upper limb for deep reflexes (the examiner should focus on the technique used by student)

Steps	Check if done
Introduce himself/herself	<input type="checkbox"/>
Ask for permission to do examination	<input type="checkbox"/>
Comment on the room settings	<input type="checkbox"/> privacy <input type="checkbox"/> warmth <input type="checkbox"/> adequate light
Comment on hand hygiene	<input type="checkbox"/>
All reflexes should be done bilaterally and compared	<input type="checkbox"/>
Reinforcement should be done: clench his teeth or make a fist with the contralateral hand (Examiner should inquire about it)	<input type="checkbox"/>
Right technique of holding and using hammer	<input type="checkbox"/>
Do biceps reflex	<input type="checkbox"/> Done <input type="checkbox"/> Good technique <input type="checkbox"/> Examiner asks about the roots c5
Do triceps reflex	<input type="checkbox"/> Done <input type="checkbox"/> Good technique <input type="checkbox"/> Examiner asks about the roots c7
Do supinator reflex (brachioradialis reflex)	<input type="checkbox"/> Done <input type="checkbox"/> Good technique <input type="checkbox"/> Examiner asks about the roots c6
Thank the pt when finished	<input type="checkbox"/>

Question: Examine for knee stability then for effusion (usually two separate questions)

Steps (total 29)	Check if done
Introduce himself/herself	<input type="checkbox"/>
Ask for permission to do examination	<input type="checkbox"/>
Comment on the room settings	<input type="checkbox"/> privacy, warmth, adequate light
Comment on hand hygiene	<input type="checkbox"/>
Collateral ligament stability	<input type="checkbox"/>
Apply first while leg is fully extended 0° then at 30° flexion of the knee (to omit effect of cruciate ligaments and capule)	<input type="checkbox"/>
Put the patients knee between your elbow and side, feel with your thumbs the joint lines	<input type="checkbox"/>
Do valgus stress for medial collateral ligament	<input type="checkbox"/>
Do varus stress for lateral collateral ligament	<input type="checkbox"/>
Do supinator reflex (brachioradialis reflex)	<input type="checkbox"/> Done
Cruciate ligament stability	<input type="checkbox"/>
Inspect for posterior sag sign	<input type="checkbox"/>
Sit on patients foot	<input type="checkbox"/>
Do anterior drawer test for ACL	<input type="checkbox"/>
Do posterior drawer test for PCL	<input type="checkbox"/>
Mcmurray test for meniscal tear	<input type="checkbox"/>
Flex the knee to its full extent	<input type="checkbox"/>
Hold from patient sole of foot	<input type="checkbox"/>
Do external rotation at the hip and varus stress at the knee for medial meniscus. Then extend the knee smoothly and hear for a click	<input type="checkbox"/>
Do internal rotation at the hip and valgus stress at the knee for lateral meniscus. Then extend the knee smoothly and hear for a click	<input type="checkbox"/>
Patellar apprehension test	<input type="checkbox"/>
With the pt's knee fully extended, push the patella laterally with your thumb, and then flex the knee slowly. Resistance suggest previous patellar dislocation or instability	<input type="checkbox"/>
Effusion tests (separate question)	<input type="checkbox"/>
Comment on absence of obliteration of parapatellar grooves (gutter)	<input type="checkbox"/>
Do ripple test	<input type="checkbox"/>
Do patellar tap	<input type="checkbox"/>
Do fluctuation test	<input type="checkbox"/>

Question: Examine the thyroid gland of this patient

Steps (total 29)	Check if done
Introduce himself/herself	<input type="checkbox"/>
Ask for permission to do examination	<input type="checkbox"/>
Comment on the room settings	<input type="checkbox"/> privacy <input type="checkbox"/> warmth <input type="checkbox"/> adequate light
Comment on hand hygiene	<input type="checkbox"/>
Expose the neck and upper chest	<input type="checkbox"/>
Position the patient sitting upright on a chair and ask for a glass of water	<input type="checkbox"/>
Stand at the Rt side of the pt	<input type="checkbox"/>
On inspection ask the pt to hyperextend his neck, and comment on scars and swelling	<input type="checkbox"/> hyperextension of the neck <input type="checkbox"/> neck scars <input type="checkbox"/> swelling
On inspection ask the pt to swallow, and comment on any mass that moves with swallowing	<input type="checkbox"/> ask to swallow <input type="checkbox"/> Mass movement with swallowing
on inspection ask the pt to protrude his tongue, then look for any mass in the neck moving on protrusion	<input type="checkbox"/> Protrude tongue <input type="checkbox"/> Comment on mass
Comment on looking at the back of the mouth for lingual goiter	<input type="checkbox"/>
Ask for any site of pain on the neck before palpation	<input type="checkbox"/>
Warm his hands before palpation	<input type="checkbox"/>
Maintain eye-to-eye contact throughout palpation	<input type="checkbox"/>
Palpate the neck while slightly flexed	<input type="checkbox"/>
While palpation, comment on palpable thyroid, hotness, thrills	<input type="checkbox"/> palpable thyroid <input type="checkbox"/> hotness <input type="checkbox"/> thrills
Ask the pt to swallow while palpating the neck	<input type="checkbox"/>
Comment on the need to palpate cervical LN	<input type="checkbox"/>
Percuss directly on the manubrium of sternum.	<input type="checkbox"/>
Auscultate with diaphragm for bruits over both thyroid lobes	<input type="checkbox"/>
Thank the pt when finished	<input type="checkbox"/>