CARDIOVASCULAR EXAMINATION

|  |  |  |
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|  | ADEQUATE | INADEQUATE |
| Introduces self to the pt |  |  |
| Explains the examination & asks for consent to carry it out |  |  |
| Positions pt at 45 degrees & asks him to remove his top |  |  |
| Ensures that pt is comfortable |  |  |
| ***General Inspection*** |  |  |
| Stands at the end of the bed |  |  |
| Comments on the general state of the pt, breathless or cyanosed |  |  |
| Comments on the precordium,. Any scars, pulsations, pacemakers |  |  |
| ***Inspection & Examination of the hands***  |  |  |
| Comment on temperature, colour, clubbing, splinter haemorrhages, presence of any nail changes |  |  |
| Determine the rate, rhythm & character of the radial pulse |  |  |
| Takes the pulse in both arms to exclude coarctation |  |  |
| Indicate you would like to record the BP |  |  |
| ***Inspection & examination of the head & neck*** |  |  |
| Inspect sclera & conjunctiva |  |  |
| Inspect mouth for signs of central cyanosis |  |  |
| Assess the JVP y asking the pt to turn their head to the left |  |  |
| Locate the carotid pulse |  |  |
| ***Palpation of the heart*** |  |  |
| Asks if the pt has any chest pain |  |  |
| Locates the apex beat |  |  |
| Feels for heaves & thrills |  |  |
| ***Auscultation*** |  |  |
| Aortic area (R 2nd ics near sternum) |  |  |
| Pulmonary area (L 2nd ics near sternum) |  |  |
| Tricuspid area (L 3rd/ 4th/ 5th ics near the sternum) |  |  |
| Mitral area (L 5th ics mcl) |  |  |
| Ask pt to bend forward and to hold breath in expiration  |  |  |
| Listen at the L 4th ICS for murmur of AR |  |  |
| Asks pt to roll over to the L and hold breath in expiration |  |  |
| Listens in the L 5th ICS for mid diastolic murmur of MS |  |  |
| Listens over the carotids for bruits |  |  |
| ***Chest examination*** |  |  |
| Perc-uss & auscultate the chest at the lung bases |  |  |
| ***Abdominal examination*** |  |  |
| Palpate the abdomen to exclude ascites or an enlarged liver |  |  |
| Check for AAA |  |  |
| Ballot kidneys & listen for renal artery bruits |  |  |
| ***Ankle Oedema*** |  |  |
| Test for pitting oedema |  |  |
| ***Peripheral pulses*** |  |  |
| ***Completion*** |  |  |
| Ask to examine the retina |  |  |
| Indicates need for tests eg CXR ECG, echo |  |  |
| Thank pt |  |  |
| Offer to help pt dress ensure pt comfortable  |  |  |
| Summarise finding and offer differential |  |  |
| ***Global score*** |  |  |
| Examiner |  |  |
| Patient  |  |  |
| OVERALL |  |  |