

1. Hi, my name is Sree. I'm a third year medical student. I will be conducting a \_\_\_\_\_ exam today. I'd like to assure you that this examination is confidential. During this exam, if you feel pain or discomfort, please let me know.
2. Wash hands and ask "Do you have any complaints or have any medical problems right now?," "Have you had any medical problems or have you had any surgeries?," "Are there any diseases in your family?," "Do you smoke? Drink?," "Do you have any allergies?," "Are you on any medications right now?"

### General

3. Blood pressure, Radial pulse for 15 seconds, Bilateral radial comparison, respiratory rate for 60 seconds
4. Inspect palms, fingers for webbing, nails, capillary refill bilaterally. Palpate arms and forearms.
5. Palpate epitrochlear nodes and axillary nodes. Wash Hands

### Head and Neck

6. Palpate scalp and look between hairs. Deeply palpate scalp.
7. Inspect eyes. Move eyelids up and down. Check for jaundice, anemia. Do H test. Move finger closer to check for convergence. Use "look at my finger, look at wall" to check for accommodation. Check pupillary reflex to light. Check eye sight with chart. Check visual fields with bilateral confrontation. Check individual visual field with one-eye closed. Use ophthalmoscope on eye.
8. Inspect ears. Palpate ears. Test auditory acuity with eyes closed and rubbing fingers. Test auditory acuity with one ear closed and whisper. Check ear with speculum.
9. Inspect nose. Palpate frontal and maxillary sinuses. Have patient breathe out through each nostril with other closed. Check nose with speculum.
10. Inspect mouth with patient smiling, check gums with tongue depressor. Inspect floor of mouth and bottom of tongue. Inspect posterior pharynx with tongue depressor. Check elevation of palate by using "Ahh" test. This tests cranial nerves IX and X.

11. Palpate preauricular, posterior auricular, occipital, tonsillar, submaxillary, submental, superficial cervical, posterior cervical, and supraclavicular nodes. Palpate thyroid without and then with swallowing – from front and back. Palpate and auscultate carotids.

#### Back and Lungs

12. Palpate thoracic and lumbar vertebrae. Percuss thoracic, lumbar and sacral vertebrae with inverted T.
13. Check thoracic expansion. Measure diaphragm high and low. Have patient cross hands and percuss posterior lung fields. Auscultate posterior lung fields. Percuss lateral lung fields and auscultate them. Percuss and auscultate anterior lung fields. Use bell to auscultate apices.
14. Observe precordium. Palpate 1, 2, 3, 4. Auscultate 1, 2, 3, 4 with diaphragm. Auscultate 1, 2, 3, 4 with Bell. Check jugular veins at 45 degree angle. Have patient lie down. Palpate 1, 2, 3, 4. Auscultate 1, 2, 3, 4 with diaphragm. Auscultate 1, 2, 3, 4 with Bell. Have patient roll on left and find apex, then auscultate first with bell and then with diaphragm

#### Abdomen

15. Observe abdomen. Auscultate RU, LU, RL, LL quadrants. Auscultate abdominal aorta, and both renals and both iliacs. Palpate superficially RU, LU, RL, LL. Palpate deeply RU, LU, RL, LL. Find liver span. Find tip of spleen. Palpate flanks.

#### Lower Limbs

16. Check feet and toes like fingers. Palpate femoral, popliteal, posterior tibial and dorsalis pedis pulses bilaterally. Palpate inguinal nodes. Auscultate for femoral bruit. Check for pitting edema.

#### Neurological and Musculoskeletal Exam

17. Check orientation to time and place. Count backwards from 100 in 7's. Check for current and first president. Have patient remember apple, boy, cat. Ask patient what "don't beat around the bush means." Have patient recall apple, boy, cat.
18. Have patient stand. Have patient walk on toes, heels, and hop on each foot. Have patient do deep knee bend. Have patient walk heel to toe. Do Romberg test. Have patient touch toes and bend backwards, sideways, and rotate at hips. Have patient bend over as you check spine for scoliosis. Test flexion, extension and rotation of neck.
19. I (Ask if patient experienced change in smell), II (pupillary light reflex), III-IV-VI (H-test), V (open mouth against resistance), VII (show teeth, puff cheeks, smile), VIII (whisper or rub fingers to test hearing), IX-X (say ah), XI (shrug shoulder against resistance), XII (midline tongue).

20. Check strength on dorsiflexed wrist, test grip and test fine movements (piano!) of fingers and toes. Check biceps, triceps, brachioradialis, patellar and achilles reflex. Check babinski reflex. Check rapid alternating hand, do finger-to-nose, and heel-to-shin.
21. Test light touch and pin prick on both sides of trunk and limbs. Check vibration in both ankles.