

ICM PHYSICAL EXAM CHECKLIST 2007-2008

| BASIC PHYSICAL EXAM SEQUENCE ICM 2007-2008 | | Correct | Not Correct | Not Done |
|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------|----------|
| PATIENT SITTING, EXAMINER STANDING IN FRONT | | | | |
| Student washes hands before exam | | | | |
| Student introduces self and purpose of exam | | | | |
| Student speaks in a professional manner, no jargon or inappropriate language used | | | | |
| I. | Vital Signs | | | |
| | a. Palpate radial pulse bilaterally (rate, rhythm) | | | |
| | b. Measure respiratory rate | | | |
| | c. Auscultate blood pressure - right or left arm sitting | | | |
| II. | Head and Face & Cranial Nerves | | | |
| | a. Inspect skin for color and texture | | | |
| | b. Inspect and palpate hair and scalp systematically | | | |
| | c. Note any deviation of open jaw (CN-V) | | | |
| | d. Palpate masseter and temporalis muscles with jaw clenched (CN-V) | | | |
| | e. Test facial sensation for light touch and pain (CN-V-ophthalmic-maxillary-mandibular) | | | |
| | f. Observe for symmetry with patient wrinkling forehead, closing eyes tightly, showing teeth (CN-VII) | | | |
| | g. Test for shoulder shrug and sternocleidomastoid strength (CN-XI) | | | |
| III. | Eyes | | | |
| | a. Check for visual acuity (vision card held 14") Test each eye separately | | | |
| | b. Check visual fields (CN II) <i>Test each eye separately</i> | | | |
| | c. Check for position and alignment of eyes / Inspect eyebrows, lids, irides, conjunctivae and sclerae | | | |
| | d. Test pupils for reactivity to: | | | |
| | 1. Light (direct and consensual (CN-III). | | | |
| | 2. Accommodation -- Instruct patient to look at fixed point at least five feet away & back to finger | | | |
| | e. Check conjugate extra ocular movements (CN-III,IV,VI) moving finger slowly to 8 cardinal fields of gaze | | | |
| | f. Perform fundoscopic exam (CN-II) – Uses ophthalmoscope in right hand; look w/ right eye to examine patient's right eye. Opposite directions for left eye. | | | |
| IV. | Ears | | | |
| | a. Check auditory acuity (CN-VIII) – ex. whisper test. (Optional: Weber test & Rinne test) | | | |
| | b. Examine external ear | | | |
| | c. Perform otoscopic exam (grasp and retract pinnae) | | | |
| V. | Nose and Sinuses | | | |
| | a. Inspect external nose, nasal mucosa, nasal septum and turbinates | | | |
| | b. Palpate for tenderness of frontal and maxillary sinuses | | | |
| VI. | Mouth and Pharynx | | | |
| | a. Inspect lips, oral vestibule, buccal mucosa, teeth, gums (remove dentures) | | | |
| | b. Inspect posterior pharynx & palate with tongue depressor if necessary. Asks patient to say "ah". | | | |
| | c. Test gag reflex (CN-IX) (use gentle pressure posterior pharynx) | | | |
| | d. Inspect tongue (palpate [gloved hand] if indicated). Asks patient to stick out tongue (CN-XII) | | | |
| | e. Inspect subglottal area. | | | |
| VII. | Neck and Shoulders | | | |
| | a. Check range of motion of neck and shoulders | | | |
| | b. Palpate the following areas for masses & nodes. | | | |
| | 1. Occipital, pre and post-auricular, submental, submandibular, tonsillar | | | |
| | 2. Anterior cervical, posterior cervical | | | |
| | 3. Supraclavicular | | | |
| | c. Inspect thyroid. Identify thyroid lobes and isthmus. Inspect thyroid gland with patient swallowing | | | |
| PATIENT SITTING, EXAMINER STANDING BEHIND (ALTERNATIVELY, EXAMINER MAY STAND IN FRONT) | | | | |
| | d. Palpate thyroid gland - size, symmetry, consistency | | | |

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| VIII. | Upper Extremities (May be done at the end with Neuromuscular Exam) | | | |
| | a. Hands: inspect nails (including capillary refill), skin, muscles, & joints | | | |

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|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--|--|--|
| | b. Arms: inspect skin, muscles, joints, & feel for epitrochlear nodes | | | |
| | c. Range of motion of hands, wrists, elbows. (flexion, extension, rotation) | | | |
| | d. Motor Strength: Handgrip Strength | | | |
| | Flexion and Extension strength at Elbows | | | |
| | Flexion and Extension strength at Wrist | | | |
| | Shoulder Abduction strength | | | |
| IX. | Back, Posterior Thorax and Lungs | | | |
| | a. Inspect spine, palpate & percuss each vertebral process from cervical to sacral. | | | |
| | b. Percussion of Lungs: Test right and left alternately, comparing symmetric points sequentially | | | |
| | c. Auscultate posterior and axillary lung fields | | | |
| | d. Check for costo-vertebral angle tenderness (CVAT) with mild punch pressure. | | | |
| PATIENT SITTING, EXAMINER STANDING IN FRONT | | | | |
| X. | Anterior Thorax and Lungs and Heart (Upright) | | | |
| | a. Auscultate anterior LUNG fields (including right middle lobe & lingula) | | | |
| | b. Auscultate HEART: Aortic area | | | |
| | Pulmonic area | | | |
| | Tricuspid area | | | |
| | Mitral area (Apex) | | | |
| | c. uses special position for aortic & pulmonic murmurs: (pt leans forward & exhales) listen with diaphragm in aortic, pulmonic areas | | | |
| XI. | Axillae (MALE AND FEMALE) | | | |
| | a. Palpate axillary lymph nodes (patient upright) | | | |
| PATIENT SUPINE (at 30 or 45 degrees) (examiner at right side of patient) | | | | |
| XII. | Carotid Pulsations and Jugular Venous Pulses, | | | |
| | a. Inspect neck veins at 30° and measure neck veins in relation to sternal notch 30° or 45° | | | |
| | b. Auscultate carotid pulses for bruits | | | |
| | c. Palpate carotid pulses individually if no bruits (GENTLY) | | | |
| XIII. | Heart | | | |
| | a. Palpate apical impulse, noting its location, size, force, duration | | | |
| | b. Auscultate precordium: Aortic area | | | |
| | Pulmonic area | | | |
| | Tricuspid area | | | |
| | Mitral area (Apex) | | | |
| | c. Use special positions: Have patient roll to left side (L- lateral position), listen w/ bell at apex | | | |
| XIV. | Abdomen, (examiner to right of patient) (Instruct patient to relax, bend knees to relax abdomen if necessary) | | | |
| | a. Auscultate for bowel sounds and arterial bruits | | | |
| | b. Percuss abdomen | | | |
| | 1. Liver: percuss along right mid-clavicular line (determine upper & lower border of liver dullness) | | | |
| | 2. Spleen: percusses in left anterior axillary line, 1st in full expiration, then full inspiration | | | |
| | 3. Suprapubic area: percusses systematically downward, umbilicus to pubis | | | |
| | c. Palpate abdomen: Systematically palpate entire abdomen, first light then deep | | | |
| | 1. All 4 quadrants | | | |
| | 2. Epigastrium (aorta) | | | |
| | 3. Liver | | | |
| | 4. Spleen | | | |
| | 5. Kidney: bimanual exam in left and right upper quadrants | | | |
| XV. | Inguinal Area - Adequate exposure of area during exam | | | |
| | a. Palpate and auscultate: Femoral artery pulses | | | |
| | b. Palpate: Inguinal Lymph Nodes | | | |
| XVI. | Legs and Feet | | | |
| | a. Palpate joints for tenderness | | | |
| | b. Test range of motion of knees and ankles. (May flex knee, hip and ankle joints all in one motion) | | | |
| | c. Test hip flexion, abduction and external rotation by placing ankle on opposite knee | | | |
| | d. Check for edema (Press on dorsum of foot, behind medial malleolus or lower tibia) | | | |
| | e. Palpate popliteal, dorsalis pedis and posterior tibial pulses | | | |

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| PATIENT SITTING, EXAMINER STANDING IN FRONT | | | | |
| XVII. | Screening Neurological Exam | | | |
| | a. Assess Mental Status (note: the first 5 items constitute the Folstein MMSE) | | | |
| | • Orientation (ask patient his/her name, where they are, and the date) | | | |
| | • Attention/Calculation (perform serial 7's or spell WORLD backwards, simple addition or subtraction) | | | |
| | • Memory (state 3 unrelated words, have patient repeat them. 5 min. later ask patient to recall the 3 words.) | | | |
| | • Language (ask patient to name "pencil, watch"; ask to repeat: "no ifs, ands, or buts") | | | |
| | • Construct ability (ask patient to draw a clock face or copy a shape) | | | |
| | • Abstract thinking (proverb interpretation or similarities - "what is similar about an apple and an orange?") | | | |
| | • Judgment ("What would you do if you found a stamped, addressed envelope on the sidewalk?") | | | |
| PATIENT SITTING, EXAMINER STANDING IN FRONT | | | | |
| | b. Cranial Nerve Exam (if not done as part of Head & Neck Exam) (Smell (I) tested only when indicated.) | | | |
| | c. Motor Exam: Test for strength - compare for symmetry | | | |
| | Upper Extremities (See Section VIII on page 2) | | | |
| | Lower Extremities | | | |
| | Hip adduction (L2-4 adductors) | | | |
| | Hip abduction (L4-5, S1 gluteus medius & minimus) | | | |
| | Hip flexion | | | |
| | Hip extension (S1 gluteus maximus) | | | |
| | Knees - flexion and extension | | | |
| | Ankles - dorsiflexion and plantar flexion | | | |
| | d. Reflex exam | | | |
| | 1. biceps (C5-6) | | | |
| | 2. brachioradialis (C5-6) | | | |
| | 3. triceps (C6-7) | | | |
| | 4. knee (L2-4) | | | |
| | 5. ankle (Achilles) (S1) | | | |
| | 6. plantar response (Babinski) (L5,S1) - a pathological reflex ("present" or "absent") | | | |
| | e. Sensory exam [Alternatively, sensory exam could be done during extremity exams] | | | |
| | 1. Test for light touch on limbs. | | | |
| | 2. Test for pain sense in arms and legs | | | |
| | 3. Test for vibratory sensation in hands & feet. | | | |
| | f. Coordination/station/gait exam | | | |
| | 1. Observe extended arms (palms up) for drift or tremor | | | |
| | 2. Finger to nose (full arm extension) | | | |
| | 3. Rapid alternating movements | | | |
| | 4. Heel to shin | | | |
| | PATIENT STANDING | | | |
| | 5. Observe gait | | | |
| | 6. Heel to toe walking (tandem) | | | |
| | 7. Walking on heels and toes | | | |
| | 8. Check Romberg's | | | |
| PATIENT STANDING | | | | |
| XVIII. | Back | | | |
| | a. Inspect spine for back & side and look for pelvic tilt (unequal heights of iliac crests). | | | |
| | b. Check range of motion (flexion, extension, lateral and rotary mobility) of lumbar spine | | | |

NOT INCLUDED ON THE FINAL GRADED H&P

| BREAST AND GU EXAM SEQUENCE ICM 2007-2008 | | Correct | Not Correct | Not Done |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|-----------------|
| XIX. | A. Breasts, Axillae (FEMALE) | | | |
| | 1. Instruct patient to disrobe to waist, re-drape at end of exam | | | |
| | 2. Inspect breasts (with arms relaxed, then elevated, and with hands pressed on hips) | | | |
| | 3. Systematically palpate both breasts (supine) with proper arm position | | | |
| | 4. Palpate retroalveolar area and nipple | | | |
| | 5. Palpate axillary lymph nodes | | | |
| | B. Breasts, Axillae (MALE) | | | |
| | 1. Inspect for palpable breast tissue (supine) using pincer technique | | | |
| | 2. Palpate the retroalveolar area | | | |
| | 3. If gynecomastia is present, examine the breast/axilla completely (use checklist XXa) | | | |
| | 4. Palpate axillary lymph nodes | | | |
| XX. | Male G-U and Rectal Exam | | | |
| | a. Inspect and palpate penis and scrotum | | | |
| | b. Palpate external inguinal canal and have patient cough | | | |
| | c. Position patient in: left lateral decubitus, knee-chest, or standing & bent over exam table. Inspect anus & perianal area. | | | |
| | d. Gloved, well lubricated index finger of dominant hand is placed at anus and patient is requested to bear down to facilitate insertion. Have patient relax and palpate rectal ampulla by sweeping finger 360°, checking for tone, masses, tenderness, or irregularities. Palpate prostate: check for size, consistency, and contour of the surface. | | | |
| XXI. | Female G-U and Rectal Exam [NOT TO BE PERFORMED AS PART OF ICM-III] | | | |
| | a. Inspect external genitalia, vagina, and cervix | | | |
| | b. Palpate uterus and adnexae (bimanual) | | | |
| | c. Rectovaginal and rectal (see above) exam | | | |