

## Skills Check-Off Physical Exam

Candidate: \_\_\_\_\_ Examiner: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Time Started:** \_\_\_\_\_

	Points Possible	Points Awarded
Takes, or verbalizes, body substance isolation precaution	1	
Respectfully introduces her/himself	1	
Properly identifies correct patient	1	
Obtains verbal/implied consent	1	
Explains exam to patient	1	
Verbalizes general impression	1	
<b>Vital Signs</b> Weight (1) Temperature (1) Bilateral radial pulse (1) Blood pressure supine (1) Blood pressure seated in both arms Left (1) Right (1) Blood pressure Standing (1)	7	
<b>Face and Scalp</b> Inspects scalp and hair (1) Asks about scalp lesions or trauma (1) Palpates scalp and hair (1) Inspects face (1)	4	
<b>Palpates face</b> Maxillary sinus (1) Frontal sinus (1) Temporal arteries (1) Tempomandibular joint (1)	4	
Ask patient to open and close mouth (Cranial V)	1	
Ask patient to puff out cheeks	1	
Check sensation cheeks (Cranial V) Blunt (1) Sharp (1) Check sensation to forehead (Cranial V) Blunt (1) Sharp (1)	4	
Ask patient to smile (Cranial VII)	1	
Ask patient to frown (Cranial VII)	1	
<b>Eyes</b> Inspect Eye alignment (1) Inspect external ocular structures Eyebrows (1) Lids (1) Lashes (1) Tear ducts (1) Conjunctiva (1)	6	
Assess Visual acuity (Snellen Chart) (Cranial II)	1	
Assess Cardinal fields of motion (Cranial III,IV,VI)	1	
Assess for extra ocular movements	1	
Assess Pupillary reaction	1	
<b>Ears</b> Inspects auricles (1) Palpates auricles (1) Estimates auditory acuity (Whisper Test) (Cranial VIII) (1)	3	

<i>Nose</i> Inspects internal structures (1) Checks patency (1) Tests sense of smell (1)	3	
<i>Mouth</i> Asks patient to remove gum, lipstick, food, or candy before exam (1) Inspection Lips (1) Mucosa (1) Teeth (1) Gums (1) Hard Palate (1) Soft Palate (1)	7	
Asks patient to say "ah" observes uvula and soft palate (Cranial IX,X)	1	
Assess tongue movement (Cranial XII)	1	
Ask Patient to swallow (Cranial IX,X)	1	
<i>Neck</i> Inspection Scars and lesions (1) Trachea (including thyroid and cricoid cartilages) (1)	2	
Palpate Trachea (including thyroid and cricoid cartilages) (1) Lymph nodes (1) Carotid arteries (1)	3	
Range of motion Patient performs on own (1) Assessed against resistance (1)	2	
Auscultate carotids	1	
<i>Anterior Chest</i> Inspection Skin (1) Chest symmetry (1) Chest shape (1) Chest expansion with respiration (1)	4	
Palpation Clavicles (1) Entire frontal chest cavity (1) PMI (1)	3	
Percussion Performs in all eight locations (1) Performs comparing left to right (1)	2	
Auscultation Auscultate respiratory status in all eight locations (1) Compares left to right (1) Auscultate heart sounds (Aortic/Pulmonic/ Mitral/Tricuspid) (1) Assess diaphragmatic excursion (1) Ask patient to shrug shoulders (Cranial XI) (1)	5	
<i>Posterior Chest</i> Inspection Skin (1) Spine (Lordosis, Kyphosis, Scoliosis) (1) Chest wall symmetry (1) Chest wall shape (1) Chest expansion with respiration (1) Palpates entire posterior (1)	6	
Percussion Performed in all eight locations (1) Performed comparing left to right (1)	2	
Auscultation Auscultate respiratory status in all eight locations (1) Compares left to right (1) Assess diaphragmatic excursion (1)	3	
<i>Anterior Abdomen</i> Inspection Shape (1) Rigidity (1) Scars (1)	3	

Auscultation Bowel sounds in all four quadrants (1) Major vessels in abdomen (Descending aorta Left lateral of midline (1)	2	
Percussion (In all four quadrants) Identifies Liver (1) Identifies Spleen (1)	2	
Palpation (In all four quadrants) Light (1) Deep (1) Rebound tenderness (1) Bilateral femoral arteries (1) Unilateral comparing femoral to carotid (1) Pelvic stability (1)	6	
<i>Posterior Abdomen</i> Inspection Shape (1) Rigidity (1) Scars (1) Palpates Kidneys on both sides (1)	4	
<i>Genitalia</i> Asks patient about bleeding with urination (1) Asks patient about pain with urination (1) Discharge (Penis or Vagina) (1)	3	
Inspection Hair (1) Lesions (1) Scars (1) Candidate verbalizes appropriate times to perform an inspection of the genitalia (1)	4	
<i>Rectum</i> Asks patient about bleeding (1) Asks patient about bowel movements Frequency (1) Consistency (1)	3	
Inspection Evidence of hemorrhoids (1) Evidence of active bleeding (1)	2	
<i>Lower extremities</i> Inspection Skin (1) Hair (1) Nails (1) Muscle mass bilaterally (1)	4	
Assess coordination (Wiggle toes)	1	
Assess sensory (Sharp/Blunt)	1	
Assess pulses bilaterally Popliteal (1) Posterior Tibialis (1) Dorsalis (1)	3	
Palpates for equal bilateral temperature	1	
ROM (Left and Right) Hip (1) Knee (1) Ankle (1)	3	
Muscular Resistance (Left and Right) Hip (1) Knee (1) Ankle (1)	3	
Palpates joints Hip (1) Knee (1) Ankle (1)	3	

<i>Upper Extremities</i> Inspection Skin (1) Hair (1) Nails (1) Muscle mass bilaterally (1)	4	
Assess coordination (Thumb to each finger)	1	
Assess sensory (Sharp/Blunt)	1	
Assess pulses bilaterally Brachial (1) Radial (1)	2	
Palpates axillary nodes	1	
Palpates for equal bilateral temperature	1	
ROM (Left and Right) Performed without assistance Shoulders (1) Elbow (1) Wrist (1) Finger (1)	4	
Muscular Resistance (Left and Right) Shoulder (1) Elbow (1) Wrist (1) Finger (1)	4	
Palpates Joints Shoulder (1) Elbow (1)	2	
Assess grip strengths	1	
Observes gait Walking towards candidate (1) Walking away from candidate (1)	2	
Patient walks on heels	1	
Patient walks on toes	1	
Patient hops on one foot Left (1) Right (1)	2	
Performs Romberg test	1	
Asks patient if they have any questions	1	
Candidate gave clear instructions	1	
Candidate performed exam in a professional manner	1	
Candidate thanks the patient for his or her cooperation	1	
<b>Time End: _____</b>	<b>Total</b>	<b>168</b>

### CRITICAL CRITERIA

\_\_\_\_\_ Did not immediately don or verbalize BSI