

## Initial Comprehensive Physical Examination

### Performance Check List Grading Rubric

<b>COMPREHENSIVE PHYSICAL</b>	<b>Possible Points</b>	<b>Points Earned</b>	<b>Comments</b>
<b>General Overview</b>			
Apparent state of health	1		
Level of consciousness	1		AAO x 3 but must ask person, place and time to establish that.
Signs of distress	1		
Dress appropriate	1		
Personal hygiene	1		
Mood and affect	1		
Speech	1		
Posture	1		
Gait	1		
Remote memory	1		Remote intact (Must be verifiable)
Recent memory	1		Recent memory intact
<b>Skin</b> Inspect/palpate-Upper/Lower Extremities			
Color	1		
Moisture	1		
Temperature	1		
Texture	1		
Mobility and turgor	1		Tenting or non-tenting on exam. Mobility-mobile or not mobile.
Lesions	1		
Edema	1		
Hair distribution	1		
<b>Head - inspect/palpate</b>			

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Scalp (tenderness/scaliness/ lumps/lesions)	1		
Skull (size/contour/deformities/ lumps /tenderness)	1		
Hair (quantity/distribution/	1		
Face			
Expression/Contours (Symmetry/edema / involuntary movements) CN	1		Must comment on CN VII findings.
Palpate temporal and masseter muscles (CN V)	1		Must comment on CN V
<b>Eyes</b>			
Inspect external eye structures			
Alignment of eyes (symmetric/ protrusion)	1		
Eyelids and lashes	1		
Lacrimal apparatus (swelling/ excessive tearing)	1		
Conjunctiva and sclera (color/ nodules)	1		
Cornea and lens (opacities)	1		
Iris (markings/crescent shadow)	1		
Pupils (size/shape/symmetry) (CN II,III)	1		Must name CN II and III
Pupillary reaction to light (CN II,III) (Direct/consensual/	1		Must name CN's
Extraocular muscles (CN III, IV,	1		Must name CN's
Visual fields			
Confrontation (CN II)	1		Must name CN's
Visual acuity (CN II)			

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Near vision (Rosenbaum)	1		Holds card 14 inches. Must name
Ophthalmoscopic exam			
Red reflex (CN II)	1		
Optic disc/retinal vessels/	1		
<b>Ears</b>			
Inspect and palpate auricle (deformities/lumps /lesions)	1		
Inspect ear canal (discharge/ foreign bodies/ redness/swelling/ cerumen) with penlight	1		
Inspect eardrum (color/cone of light /landmarks)	1		
Auditory acuity (CN VIII) (Whisper test)	1		Must name CNVIII
<b>Nose and Paranasal Sinuses</b>			
Inspect external nose (symmetry/ deformity/ lesions/patency)	1		
Inspect nasal cavity (mucosa color/bleeding/exudates) with	1		
Palpate sinuses (frontal/	1		
<b>Mouth and Pharynx</b>			
Lips (color/moisture/lumps/	1		
Oral mucosa (moisture/color/ ulcers /exudates/nodules)	1		
Gums (color/swelling/ ulceration)	1		
Teeth (missing/loose/discolored or misshapen teeth)	1		

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Tongue and floor of mouth (color/texture /ulceration)	1		
Soft palate/pharynx (CN IX, X) (color/lesions/movement)	1		Must name CN IX, X
Tonsils (color/enlargement/	1		
Gag reflex (CN X, IX) <span style="color: red;">(assessed with “ah”-must ask patient to say “ah” while observing the back of throat)</span>	1		
Movement tongue/palate/uvula (CN XII)	1		Must name CN XII
<b>Neck - inspect/palpate</b>			
Preauricular lymph nodes (LN)	1		Must name all nodes as they palpate
Postauricular LN	1		
Occipital LN	1		
Tonsillar LN	1		
Submandibular LN	1		
Submental LN	1		
Superficial cervical LN	1		
Posterior cervical LN	1		
Deep cervical LN chain	1		
Supraclavicular LN	1		
Infraclavicular LN	1		
CN XI (Shoulder shrug/neck	1		Must identify CNXI
Trachea (inspect/palpate position)	1		
Thyroid gland (inspect/palpate - size/nodules)	1		
Neck ROM (CN XI)	1		Must identify CN XI
<b>Thorax and Lungs</b>			

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Respiratory movement/symmetry/	1		
Palpate posterior and anterior chest (tenderness/crepitus)	1		
Tactile (vocal) fremitus	1		
Percuss posterior and anterior	1		
CVA tenderness	1		
Auscultate posterior and anterior	1		
Identify breath sounds (bronchial/bronchovesicular/	1		
Breath sounds-describe (clear to auscultation or adventitious breath sounds)	1		
Correct pattern of auscultation/ percussion	1		
<b>Upper Extremities</b>			
Inspect and palpate nails (color/ shape/contour)	1		
Pulses (radial/brachial)	1		
Shoulder ROM	1		
Elbow ROM	1		
Wrist ROM	1		
Upper arm strength	1		
Grip strength	1		
Deep tendon reflexes			
Biceps	1		
Triceps	1		
Brachioradialis	1		
<b>Cardiac</b>			

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Inspect, palpate, & auscultate carotid arteries	1		
Auscultate (bell and diaphragm)			
Aortic	1		Name each area and name S1 and S2 sounds appropriately. Here: S2>S1
Pulmonic	1		S2 >S1
Erbs point	1		S1=S2
Tricuspid	1		S1>S2
Mitral	1		S1>S2
Identify heart sounds (murmurs/extra heart sounds)	1		
<b>Abdomen</b>			
Inspect skin (scars/striae/dilated veins/rashes)	1		
Contour (flat, round, protuberant,	1		.
Auscultate bowel sounds	1		
Bruits			
Aorta	1		
Renal	1		
Iliac	1		
Femoral	1		
Percuss all four quadrants (tympany/dullness)	1		
Liver Span	1		
Spleen	1		
Light palpation all four quadrants (tenderness/masses)	1		
Deep palpation all four quadrants (tenderness/masses)	1		

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Palpate liver	1		
Palpate spleen	1		
Palpate kidneys (right/left)	1		
Abdominal exam performed in proper order	1		Inspection, auscultation, percussion, palpation.
<b>Lower extremities</b>			
Inguinal lymph nodes (size/consistency /tenderness)	1		
Pulses			
Femoral	1		
Popliteal	1		
Dorsalis pedis	1		
Posterior tibial	1		
Hip ROM	1		
Knee ROM	1		
Ankle ROM	1		
Lower extremity strength	1		
Spine (curvature)	1		
Palpate spinous processes	1		
Spine range of motion	1		
<b>Neuro</b>			
Deep tendon reflexes			
Knee	1		
Ankle	1		
Plantar response	1		
Sensory			
Pain	1		

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Light touch	1		
Position	1		
Coordination			
Rapid alternating movements	1		
Point to point movements	1		
Romberg	1		
<b>Techniques</b>			
Organized by body system	1		
Organized by technique (abdomen excluded)	1		
Correct percussion technique	1		
<b>Deductions</b>			
Overuse of Card			1 point deducted for each time over 2.
Looking at the card while performing or verbalizing			5 points deducted/incidence.
Lacking empathy, poor patient- provider communication, and lack of professional demeanor with the patient.			5 points deducted.
	<b>Total Score:</b>		Deductions come from this number.
	<b>% Score:</b>		

### **General Information:**

You have 30 minutes to complete your exam. You may refer to your index card two times. A point will be deducted for each time over two that you look at your card.

There are 138 items on this list. Each item is worth up to one point each. You must score a 75% on this competency to pass this course. 75% of this exam is equivalent to 102.8 points (74.49%).



## **Initial Comprehensive Physical Examination**

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Students are graded for both performing the assessment and for proper verbalization of results of their findings.  $\frac{1}{2}$  points are awarded for proper performance and  $\frac{1}{2}$  points are awarded for proper verbalization of findings. They are also to verbalize which cranial nerve (by number) that they are testing and state whether or not it is "intact".  $\frac{1}{4}$  point is deducted for not naming the cranial nerve as listed on their rubric.

You may deduct  $\frac{1}{10}$  of a point,  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  or 1 full point.

For cardiac, they must listen with bell and diaphragm and name the cardiac sites as well as what S1 and S2 sound like at each point.

They only have to do one point to point exercise for upper and one for lower body.

They only have to do one rapid alternating movement exercise for upper and one for lower body.

They need to stand by the patient to support for Romberg and back range of motion.

If the student verbalizes at least  $\frac{1}{2} + 1$  thing under each heading that is in parentheses, they get full credit. For example under Scalp, it lists lesions, lumps, scaliness, tenderness. If the student verbalizes 3 out of 4 of these, they get full credit.