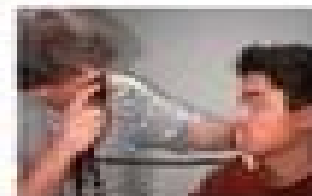


B. Extracocular Movement (EOM)

1. Stand or sit 3 to 6 feet in front of the patient.
2. Ask the patient to follow your finger with their eyes without moving their head.
3. Check gaze in the six cardinal directions using a cross or "H" pattern.
4. Check convergence by moving your finger toward the bridge of the patient's nose.
5. Pause during upward and lateral gaze to check for nystagmus (involuntary eye movement which differs in each eye).
6. Tests CN 3, 4, and 6.

C. Pupillary Reactions

1. **PERRLA** is a common abbreviation that stands for "Pupils Equal Round Reactive to Light and Accommodation." The use of this term is so routine that it is often used incorrectly. If you did not specifically check the accommodation reaction use the term **PERRL**.
2. Look for direct and consensual responses. In a normal response, the eye which the light is shined has pupillary constriction (direct reflex) AND the other pupil also constricts (indirect or consensual reflex). An abnormal response (no pupillary constriction) can help to localize the lesion, particularly when interpreted with the result of vision testing. While observing the pupillary light response one should also check that the pupils are the same size.
3. **Light**
 - a) Dim the room lights as necessary.
 - b) Ask the patient to look into the distance.
 - c) Shine a bright light obliquely into each pupil in turn.
 - d) Look for both the direct (same eye) and consensual (other eye) reactions.
 - e) Record pupil size in mm and any asymmetry or irregularity.
4. **Accommodation**
If the pupillary reactions to light are diminished or absent, check the reaction to accommodation (near reaction):
 - a) Hold your finger about 10cm from the patient's nose.
 - b) Ask them to alternate looking into the distance and at your finger.
 - c) Observe the pupillary response in each eye.



Ophthalmoscopic Exam

1. Darken the room as much as possible.
2. Adjust the ophthalmoscope so that the light is **no brighter than necessary**. Adjust the aperture to a plain white circle. Set the diopter dial to zero unless you have determined a better setting for your eyes.
3. Use your **left hand and left eye** to examine the patient's **left eye**. Use your **right hand and right eye** to examine the patient's **right eye**. Place your free hand on the patient's shoulder for better control.
4. Ask the patient to stare at a point on the wall or corner of the room.
5. Look through the ophthalmoscope and shine the light into the patient's eye from about two feet away. You should see the retina as a "red reflex." Follow the red color to move within a few inches of the patient's eye.
6. Adjust the diopter dial to bring the retina into focus. Find a blood vessel and follow it to the optic disk. Use this as a point of reference.
7. Inspect outward from the optic disk in at least four quadrants and note any abnormalities.
8. Move nasally from the disk to observe the macula.
9. Repeat for the other eye.
10. Normal color should be creamy yellow-orange to pink.



Nln Health Physical Assessment Study Guide

Didier Musso



Nln Health Physical Assessment Study Guide:

Nln Health Physical Assessment Study Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Nln Health Physical Assessment Study Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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