

## **N562 FINAL COMPREHENSIVE PHYSICAL EXAM GUIDELINES**

The purpose of these guidelines is to outline the expectation of the 30-minute\* comprehensive physical exam. Proficient performance of this exam is required to pass the course. The order can be changed depending on the student's preference.

### **1. ANTICIPATED BEHAVIORS:**

The student begins the physical assessment with a general survey of the condition of the patient and explains to the patient the scope of the physical examination to be conducted.

#### **PRIOR TO STARTING THE PHYSICAL EXAMINATION:**

- ✓ Organize all needed equipment at exam site
- ✓ Hand hygiene\*- hand sanitizer ok (\*mandatory- must be done or hand stop will be initiated)
- ✓ Wear name tag
- ✓ Review vital signs, height and weight (provided to student) in advance of the exam

#### **INTRODUCTION (3 points):**

- ✓ Greet and discuss vital signs results with patient (1 point)
- ✓ Explain to the patient the type of examination to be performed (1 point)
- ✓ Explain the procedures to the patient throughout the examination (1 point)

### **2. PHYSICAL EXAMINATION:** (Patient sitting)

#### **GENERAL OBSERVATION and PSYCHOLOGIC (2 points):**

- ✓ Observe patient's general state of health and mental status, noting the presence or absence of signs of physical or emotional distress (1 point)
- ✓ Take note of patient's affect (1 point)
- ✓ Observe and describe features of visible skin (color, moisture, lesions) upon immediate inspection. Then, continue to evaluate skin throughout the exam, noting color, temperature, turgor, moisture, lesions, hair distribution, & scars, describing any abnormalities. (1 point)

#### **HEENT/CRANIAL NERVES:**

##### **HEAD (1 point):**

- ✓ Inspect the head, hair, and scalp (0.5 point)
- ✓ Inspect overall skin and face & notes facial symmetry (0.5 point)

##### **EYES (1.5 points):**

- ✓ Ask patient if she/he wears contact lenses or glasses (this has implications when testing visual acuity)
- ✓ Test visual acuity using Snellen or pocket eye chart (CN II Optic nerve) (2 points)

# Physical Exam Guidelines

**Christian G. Meyer**



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