

Bedside Physical Exam Check Off

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Assessment Performed	Date Completed and Instructor Initials	Satisfactory (S) or Unsatisfactory (U)	Instructor Comments
General Survey/Introduction <ul style="list-style-type: none"> • Hand hygiene • Knock on the door • Introduce yourself to the client and provide privacy • Let the client know what you will be doing and why • Note level of consciousness (A/O x4- person, place, time, situation) • How does your client look (ex: not in acute distress, resting comfortably) • Make good eye contact with the client • Sit even with the client 	<u>Attempt 1</u> 8/30 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Student was calm and unhurried
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Interview/Health History <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Identify the client • Identify if the client is A/Ox4 • Identify the chief Complaint • Utilize OLD CARTS to obtain the history of present illness • Collect demographic information • Collect client allergies and reactions • Collect immunization history • Collect past medical history (PMH) • Collect past surgical history (PSH) • Collect family history (FH) • Collect medications utilized • Collect living situation information • Collect social history (SH) • Collect Review of Systems information • Appropriately close the interview (thank the client, ask if you can get the client anything, ensure possessions are where the client can reach them, ask about needing to go to the bathroom, ask about needing more water, ensure the call light and is close to client and bed alarm is on if appropriate, inform provider will be in shortly) 	<u>Attempt 1</u> 8/30 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great job with the abuse screening section. Great transition to review of systems section. Break down palpitations.
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Vital Signs	<u>Attempt 1</u>	<u>Attempt 1</u>	<u>Attempt 1</u>

<ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Blood pressure • Temperature • Heart rate • Respirations • O2 saturation • Pain 	9/20 SEB	Satisfactory	Good job asking about oral intake before taking temperature!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Head and Neck <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Identify client • Identify if the client is A/Ox4 • Gloves • Inspect head for size/shape/symmetry • Inspect face for color, lesions, symmetry, facial hair • Inspect and palpate for tracheal deviation • Inspect and palpate lymph nodes • Palpate Carotid Artery (one at a time) • Remove gloves 	<u>Attempt 1</u> 9/27 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Eyes <ul style="list-style-type: none"> • Inspect external eye • Inspect for eye symmetry • Inspect color of the sclera and cornea • Inspect pupils for size and shape • Assess pupillary reaction to light • Assess pupillary accommodation • Understand PERRLA • Assess extraocular movements (EOMs) 	<u>Attempt 1</u> 9/27 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Ears <ul style="list-style-type: none"> • Gloves • Inspect external ear for lesions, bumps, deformities • Assess hearing based on a conversation with the client • Remove gloves 	<u>Attempt 1</u> 9/27 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>

Nose <ul style="list-style-type: none"> • Gloves • Inspect for symmetry • Palpate frontal and maxillary sinuses • Remove gloves 	<u>Attempt 1</u> 9/27 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Mouth/Throat <ul style="list-style-type: none"> • Gloves • Inspect lips/oral cavity for color, intact, moisture, lesions • Assess tongue is midline • Assess speech by talking with client • Remove gloves 	<u>Attempt 1</u> 9/27 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Skin <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Gloves • Inspect skin color: olive, pallor, fair, pink, yellow, light brown, dark brown, tan • Inspect for wounds, rashes, lesions, scars, and redness over bony areas, etc. • Inspect hair • Inspect nails for color • Palpate skin temperature and moisture • Palpate skin turgor • Remove gloves 	<u>Attempt 1</u> 10/4 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Cardiac <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Gloves • Inspect neck for Jugular Vein Distention • Inspect and Palpate apical pulse • Auscultate heart sounds (All Patient Take Meds: Aortic, Pulmonic, Tricuspid, Mitral) • Remove gloves 	<u>Attempt 1</u> 10/11 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>

Peripheral Vascular <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Gloves • Inspect upper and lower extremities for symmetry, deformities, lesions, wounds, rashes, color, edema, and hair growth • Palpate all pulses (Radial, ulnar, brachial, femoral, popliteal, posterior tibial, dorsalis pedis) • Palpate and assess capillary refill • Palpate extremities for edema and temperature • Remove gloves 	<u>Attempt 1</u> 10/18 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
Respiratory <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Gloves • Inspect chest shape • Inspect breathing effort • Assess for retractions • Auscultate breath sounds anterior and posterior in all lung fields bilaterally • Remove gloves 	<u>Attempt 1</u> 10/11 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
GI/GU <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Gloves • Inspect the abdomen for lesions, scars, distention/shape • Auscultate bowel sounds in all 4 quadrants • Palpate abdomen for tenderness/mass enlargement • Assess last bowel movement and characteristics of stool • Assess/ask about color and consistency of urine • Ask the client about any changes to urination: frequency, urgency, hesitation, burning, blood present, trouble starting a stream, weak stream, intermittent stream, etc. • Remove gloves 	<u>Attempt 1</u> 11/1 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
Breast/Axillary <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Educate a client on how to complete a self-breast exam (vertical stripping pattern, use pads of middle three fingers, cover medially to laterally including axillary area, move in circular 	<u>Attempt 1</u> 11/8 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>

motions)			
Reproductive <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Ask about the last menstrual cycle for childbearing females • Ask about last menstrual period • Ask about menopause if appropriate • Ask about any flow changes for male client • Instruct men on a self-testicular exam 	<u>Attempt 1</u> 11/8 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Musculoskeletal <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Gloves • Hand grasp • Push against resistance • Range of motion (ROM) in neck, shoulders, elbow, back, hips, knees, ankles • Assesses pedal pushes and pulls and lower extremity strength • Assess client gait by having client walk • Assess balance • Remove gloves 	<u>Attempt 1</u> 11/15 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great work!
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Neurological <ul style="list-style-type: none"> • Hand hygiene • Introduce yourself and provide privacy • Gloves • Assess 12 cranial nerves • Assess mental status • Assess level of consciousness • Orientation • Evaluate speech • Assess PERRLA • Assess Babinski reflex • Remove gloves 	<u>Attempt 1</u>	<u>Attempt 1</u>	<u>Attempt 1</u>
	<u>Attempt 2</u>	<u>Attempt 2</u>	<u>Attempt 2</u>
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>

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