

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 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> 8/28 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great communication and eye contact!
	<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 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> 8/28 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great explanation for the safety questions. Great job with the review of systems! Really great communication with your client!
	<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>

<p>Hand hygiene Introduce yourself and provide privacy Blood pressure Temperature Heart rate Respirations O2 saturation Pain</p>	<p>9/18 JB</p>	<p>Satisfactory</p>	
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Head and Neck 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</p>	<p><u>Attempt 1</u> 9/25 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great work!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Eyes 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)</p>	<p><u>Attempt 1</u> 9/25 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Ears Gloves Inspect external ear for lesions, bumps, deformities Assess hearing based on a conversation with the client Remove gloves</p>	<p><u>Attempt 1</u> 9/25 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>

<p>Nose</p> <p>Gloves Inspect for symmetry Palpate frontal and maxillary sinuses Remove gloves</p>	<p><u>Attempt 1</u> 9/25 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Mouth/Throat</p> <p>Gloves Inspect lips/oral cavity for color, intact, moisture, lesions Assess tongue is midline Assess speech by talking with client Remove gloves</p>	<p><u>Attempt 1</u> 9/25 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Skin</p> <p>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</p>	<p><u>Attempt 1</u> 10/2 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Cardiac</p> <p>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</p>	<p><u>Attempt 1</u> 10/9 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>

<p>Peripheral Vascular 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</p>	<p><u>Attempt 1</u> 10/16 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Respiratory 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</p>	<p><u>Attempt 1</u> 10/9 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>GI/GU 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</p>	<p><u>Attempt 1</u> 10/30 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>
	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>	<p><u>Attempt 3</u></p>
<p>Breast/Axillary 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</p>	<p><u>Attempt 1</u> 11/6 SEB</p>	<p><u>Attempt 1</u> Satisfactory</p>	<p><u>Attempt 1</u> Great job!</p>
	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>	<p><u>Attempt 2</u></p>

including axillary area, move in circular motions)			
	<u>Attempt 3</u>	<u>Attempt 3</u>	<u>Attempt 3</u>
Reproductive 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> 11/6 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great job!
	<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 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> 11/13 SEB	<u>Attempt 1</u> Satisfactory	<u>Attempt 1</u> Great job!
	<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 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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