

Physical Assessment
Skills Checklist

Student: _____ Validator _____ Date: _____

Criteria	Met	Not Met	Comment
<p>Respiratory Assessment</p> <ol style="list-style-type: none"> 1. Survey <ol style="list-style-type: none"> a. Inspect thorax and respiratory movements b. Respiratory rate, depth, rhythm, effort c. Note use of accessory muscles/retractions d. Observe shape of chest/kyphoscoliosis e. Listen for audible wheezes or rhonchi 2. Palpate <ol style="list-style-type: none"> a. Tender areas b. Assessment of visible abnormalities c. Respiratory expansion d. Tactile fremitus 3. Percuss <ol style="list-style-type: none"> a. All fields: dullness/hyperresonance b. Estimate diaphragmatic excursion 4. Auscultate <ol style="list-style-type: none"> a. 7 sites on posterior b. 6 sites on anterior c. Assess transmitted sounds <ol style="list-style-type: none"> i. Egophony ii. Whispered pectoriloquy 			
<p>Cardiovascular Assessment</p> <ol style="list-style-type: none"> 1. Vital signs: <ol style="list-style-type: none"> a. Bp both arms (obtain palp pressure first) b. Heart rate and rhythm 2. Palpate all peripheral pulses 3/3 scale 3. Palpate carotid pulse 4. Evaluate for jvd 5. Identify pmi 6. Assess capillary refill 7. Auscultate heart sounds at the aortic, pulmonic, erbs, tricuspid and mitral areas. Note amplitude of s1,s2 8. Discuss: pulses alternans, paradoxical pulse 			
<p>Gastrointestinal Assessment</p> <ol style="list-style-type: none"> 1. Inspect <ol style="list-style-type: none"> a. abdomen: skin, umbilicus, contour, pulsations, peristaltic waves 2. Auscultate <ol style="list-style-type: none"> a. Bowel sounds b. Bruits 3. Percuss <ol style="list-style-type: none"> a. Typany and dullness b. Liver borders 4. Palpate <ol style="list-style-type: none"> a. Lightly and assess for guarding b. Full bladder 			