**Western Physical Assessment Proficiencies**

* Non-verbal vs. verbal interview skills
* Parts of a complete medical history
* Questions to ask regarding patient’s symptoms
* What is a thorough PMI?
* What are the CAGE questions?
* Normal temperature ranges
* Locations of pulses
* Apical pulse
* Normal respiratory rate range
* Taking blood pressure
* Skin differences infants vs. adolescents
* Skin changes in pregnancy
* What is asked in a skin history assessment?
* DD of skin cancer vs. normal mole with ABCDE
* Assessing skin tugor
* Appearance of normal nails vs. abnormal nails
* Head inspection
* Head and neck lymph nodes
* Test for trigeminal neuralgia and Bell’s Palsy
* Weber’s Test vs. Rinne Test
* General otoscope use
* Eye inspection
* Visual acuity
* Nose exam
* Sinus exam
* Transillumination
* Oral cavity exam
* Thyroid exam
* Point out anterior and posterior thoracic landmarks
* Point out thoracic reference lines
* Where are lung borders?
* What are major parts of thoracic/chest exam?
* Demonstrate tactile fremitus
* Demonstrate lung percussion and diaphragmatic expansion
* Demonstrate lung auscultation
* Lung rates (eupnea, tachypnea, bradypnea)
* Questions to ask before breast exam
* Breast inspection
* Breast palpation
* Protocol for high risk breast patients
* Axillary exam
* Parts of Cardiac Exam
* Names and locations of anterior chest surface landmarks
* What would you inspect for a cardiac exam?
* What exam findings present with arterial insufficiency
* Homan’s sign
* PMI
* Describe palpation edema scale
* Bounding pulse vs. pulsus alternans vs. bigeminal pulse vs. pulsus paradoxis
* Cardiac auscultation
* Location of pulses
* Pulse grading
* Edema grading
* Allen test
* Capillary refill test
* Abdominal regions
* Examples of referred pain
* Parts of abdominal examination
* Auscultation bowel sounds
* Abdominal percussion
* Liver and spleen palpation
* Abdominal palpation
* Signs for peritoneal inflammation
* McBurney’s point
* Aortic palpation
* Demonstrate fluid wave
* Location of different hernias
* Tanner scale
* Calculate EDC – estimated date of confinement
* Indications for digital rectal exam
* Describe orthopedic history
* Demonstrate upper and lower extremity muscle strength
* Joint bulging vs. joint ballottment
* Cervical orthopedic exam
* Cervical testing for vertebral artery compression vs. nerve root compression vs. disc
* TMJ exam
* Shoulder range of motion testing
* Rotator cuff testing
* Elbow exam
* Varus vs. valgus stress testing
* Tennis elbow vs. golf elbow tests
* Tests for carpal tunnel
* Major parts of neurological exam
* Assess mental status
* What is altered mental status?
* What is altered level of consciousness?
* AEIOU TIPS that may affect mental status
* Cranial nerve examination
* Test upper and lower extremity muscle strength
* Demonstrate DTR
* Demonstrate cutaneous reflexes
* Demonstrate sensory nerve testing
* Dermatone vs.myotone testing
* What to look for in gaits
* Demonstrate two point discrimination
* Demonstrate stereogenesis
* How to test for proprioception
* Rhomberg test
* How to test for pain