



## Precardium examination

### Rule of 5-2-1

#### 5:-

1. Introduce your self
2. Take permission
3. Keep the privacy
4. Wash your hand
5. Ask for chaperone

#### 2:-

1. Supine position
2. Exposure from the waist and above

#### 1:-

Start examination from the right side of the patient

## Inspection:-

### Rule of 3

1. Surgical scars
2. Visible pulses
3. Chest deformities: pectus excavatum/ carinatum

## Palpation :-

1. Apex beat .. by the whole palm of the hand and fingers

3 Comments :

- . Normal apex beat at the 5th intercostal space mid-clavicular line
- . Gentle tapping
- . Localized

2. Heave .. left sternal by the palm of the hand برفع الإصبع  
Ask the patient to breath in and out and hold his breath

3. Valves palpation

By the fingers palm

Comment for thrill

## Auscultation :-

By Diaphragm + bell

Valves : mitral , tricuspid, pulmonary, aortic

Comments: normal heart sounds S1 ,S2 , no S3 ,S4 ,  
murmurs or added sounds



Murmurs :

## Systolic:

1. MR ..

put the diaphragm on mitral area

Comment: there's no pan systolic murmur of MR

Then auscultate axilla .. comment : there is no radiation

2. AS

// // on aortic area

There is no mis systolic ejection murmur of AS

// // carotid .. // // there's no radiation

## Diastolic :

1. MS **By bell**

// // on mitral valve

There's no mid diastolic murmur of MS

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2. AR

Leaning forward position , put diaphragm on

erb's area () pulmonary and tricuspid

+ ياخذ نفسه يطلعه ويحبسه

**Comment : normal heart sounds S1 , S2**

**No added sounds and murmurs**