



Cardiovascular System (CVS) Physical Examination Checklist

Opening the Examination (Score: 1/10)

1. **Introduction:** Introduce yourself and your role.
2. **Consent:** Explain the purpose of the examination and obtain consent.
3. **Positioning & Privacy & Lightning:** Ensure the patient is comfortably positioned, at a 45-degree angle.

General Inspection (Score: 1/10)

5. **General Appearance:** Observe the patient's general appearance and any signs of distress.
6. **Neck:** Inspect for jugular venous pressure (JVP) and any visible pulsations.
7. **Chest:** Inspect for deformities, scars, surgical incisions, skin abnormalities.

Palpation (Score: 2/10)

9. **General palpation:** Palpate the chest for tenderness (Costochondritis) or rib fractures.
10. **Apex Beat:** Locate and assess the position, amplitude, and duration.
11. **Heaves (on EXPIRATION) and Thrills:** Palpate for heaves and thrills over the precordium.

Auscultation (Score: 4/10)

14. **Heart Sounds:** Listen for the first (S1) and second (S2) heart sounds at the Mitral + Aortic valves.
15. **Murmurs:** Identify any murmurs, noting their timing, location, radiation and type (Esp radiation). (2P)
16. **Additional Sounds:** Listen for additional sounds like S3, S4, or pericardial rubs.
17. **Auscultation Areas + Erb's Area:** Systematically auscultate the aortic, pulmonary, tricuspid, and mitral areas.

Special Tests (Score: 1/10)

21. **JVP Measurement:** Measure the jugular venous elevation.
22. **Hepatojugular Reflux:** Assess for hepatojugular reflux.

Closing the Examination (Score: 1/10)

24. **Thank You & Cover the patient:** Thank the patient for their time and cooperation.

EXTRA:

Peripheral Examination



Peripheral Pulses: Palpate the femoral, popliteal, posterior tibial, and dorsalis pedis pulses.

Peripheral Edema: Check for pitting edema in the lower limbs.

Capillary Refill Time: Assess capillary refill time in the fingers and toes

