COMPREHENSIVE NORMAL ADULT PHYSICAL ASSESSMENT TECHNIQUES SKILLS LAB

Student Name: _____ Date: _____

Instructor Evaluator: _____ Student Evaluator: _____
<div align="center">Signature   Signature</div>

NOTE: The student is to perform a comprehensive physical examination (well physical examination) on a patient who has no complaint or distress.

SCORING	
N/A	Not applicable for this patient
0	Unsuccessful; required critical or excessive prompting; inconsistent; not yet competent
1	Not yet competent, marginal or inconsistent, this includes partial attempts
2	Successful; competent; no prompting necessary

Actual Time Started: _____

	SCORE
Initial general impression	
Appearance	
Speaks when approached	
Facial expression	
Skin color	
Eye contact	
Weight - estimated/translated to kg	
Work of breathing	
Posture, ease of movement	
Odors of body or breath	
Dress, hygiene, grooming	
Level of consciousness/mental status	
Speech	
Quantity	
Rate	
Volume	
Articulation of words	
Fluency	
Mood	
Orientation	
Time	
Place	
Person	
Memory	
Recent	
Long term	

Assesses baseline vital signs	
Vital signs	
Blood pressure	
Pulses – radial, carotid	
Pulse rate	
Pulse amplification	
Respirations	
Respiratory rate	
Tidal volume	
Temperature – oral, tympanic, rectal	
SpO_2	
Secondary physical examination	
Skin	
Colors – flushed, jaundiced, pallor, cyanotic	
Moisture – dryness, sweating, oiliness	
Temperature – hot or cool to touch	
Turgor	
Lesions – types, location, arrangement	
Nails – condition, cleanliness, growth	
Head and neck	
Hair	
Scalp	
Skull	
Face	
Eyes	
Acuity – vision is clear and free of disturbance	
Appearance – color, iris clear	
Pupils – size, reaction to light	
Extraocular movements – up, down, both sides	
Ears	
External ear	
Ear canal – drainage, clear	
Hearing – present/absent	
Nose	
Deformity	
Air movement	
Mouth	
Opens willingly	
Jaw tension	
Mucosal color	
Moisture	
Upper airway patent	
Neck	
Trachea – midline	
Jugular veins – appearance with patient position	

Chest	
Chest wall movement – expansion	
Skin color – closed wounds	
Integrity	
Open wounds	
Rib stability	
Presence/absence of pain	
Lower Airway	
Auscultation – anterior and posterior	
Normal sounds and location	
Tracheal	
Bronchial	
Bronchovesicular	
Vesicular	
Heart and blood vessels	
Heart	
Apical pulse	
Sounds	
S_1	
S_2	
Arterial pulses	
Locate with each body area examined	
Abdomen	
Color – closed wounds	
Open wounds	
Size, symmetry, shape	
Scars	
Distention	
Auscultation	
Palpation – quadrants, masses, tenderness, rigidity	
Back	
Color – closed wounds	
Open wounds	
Size, symmetry, shape	
Scars	
Palpation – tenderness, rigidity, masses	
Pelvis	
Stability	
Male genitalia – inquires about:	
Wounds, rashes, external lesions	
Drainage	
Female genitalia (non-pregnant) – inquires about:	
Wounds, rashes, external lesions	
Drainage	
Asks about bleeding or discharge	

Musculoskeletal	
Legs and feet	
Symmetry	
Range of motion	
Deformity	
Skin	
Color	
Closed wounds	
Open wounds	
Pulses	
Femoral	
Popliteal	
Dorsalis pedis	
Arms and hands	
Symmetry	
Range of motion	
Deformity	
Skin	
Color	
Closed wounds	
Open wounds	
Pulses	
Brachial	
Radial	
Affective	
Accepts evaluation and criticism professionally	
Shows willingness to learn	
Interacts with simulated patient and other personnel in professional manner, i.e. uses appropriate name, explains procedures, maintains modesty	

Actual Time Ended: _____

TOTAL	/208

Critical Criteria

___ Failure to take or verbalize appropriate PPE precautions
___ Failure to adequately assess airway, breathing or circulation
___ Performs assessment in a disorganized manner
___ Failure to assess the patient as a competent EMT
___ Exhibits unacceptable affect with patient or other personnel
___ Performs assessment inappropriately resulting in potential injury to the patient
___ Failure to receive a total score of 160 or greater

STUDENT SELF-EVALUATION (The examiner is to ask the student to reflect on his/her performance and document his/her response to the following question:)

Were you successful or unsuccessful in this skill? ❑ Successful
❑ Unsuccessful