

MOLLOY UNIVERSITY
THE BARBARA H. HAGAN SCHOOL OF NURSING AND HEALTH SCIENCES
GRADUATE APRN PROGRAM
Study Guide: Basic Physical Assessment Exam

Questions will be based on the content in *Bates' Guide to Physical Examination and History Taking, (13th ed.)*. Philadelphia: Lippincott.

1. Overview: Physical Examination and History Taking
2. The Head and Neck – Techniques of Examination
3. The Thorax and Lungs– Techniques of Examination
4. The Cardiovascular System– Techniques of Examination
5. The Breasts and Axillae– Techniques of Examination
6. The Abdomen– Techniques of Examination
7. The Peripheral Vascular System– Techniques of Examination
8. The Musculoskeletal System– Techniques of Examination
9. The Nervous System– Techniques of Examination

In addition to the text book, you may stream the Bate's DVD through the JET library:

<https://batesvisualguide.com/>

The DVD's demonstrate how to do the physical examination.

1. **Head, Eyes, Ears**
2. **Nose, Mouth, and Neck**
3. **Thorax and Lungs**
4. **Cardiovascular: Neck Vessels and Heart**
5. **Cardiovascular: Peripheral vascular system**
6. **Breast and Axillae**
7. **Abdomen**
8. **Musculoskeletal System**
9. **The Nervous System: Cranial Nerves and Motor System**
10. **The Nervous System: Sensory System and Reflexes**

APRN Program - Head & Neck

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Head and Neck**

Examination element	1	2	3	Comments
Head, scalp, skull, face, skin				
Visual acuity				
Visual fields				
Inspect eye structures				
Pupils – light and near reaction				
EOMs				
Ophthalmoscopic exam				
Inspect ear structures				
Auditory acuity				
Otoscopic exam				
Inspect nose				
Palpate sinuses				
Inspect all oral structures				
Visualize posterior pharynx				
Inspect neck				
Palpate and name lymph nodes				
Inspect and palpate thyroid				

APRN Program – Thorax & Heart

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APRN PROGRAM
Thorax & Heart

Examination element	1	2	3	Comments
Inspect posterior chest and AP:lateral diameters				
Palpate tenderness, expansion (posterior)				
Fremitus, posterior chest				
Percuss posterior chest				
Auscultate posterior chest				
Inspect anterior chest				
Palpate tenderness, expansion (anterior)				
Fremitus, anterior chest				
Percuss anterior chest				
Auscultate anterior chest				
Bronchophony, egophony, whispered pectoriloquy				
Assess JVP, carotids				
Inspect and name cardiac areas				
Palpate pulsations, thrills, locate apical impulse				
Auscultate with diaphragm				
Auscultate with bell				
Auscultate in left lateral position with bell				
Identify S1 and S2				

APRN Program – Abdomen & Peripheral Vascular

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APRN PROGRAM
Abdomen & Peripheral Vascular

Examination element	1	2	3	Comments
Inspect abdomen				
Auscultate for bowel sounds, bruits				
Percuss entire abdomen				
Percuss and measure liver span				
Percuss spleen 2 ways (towards and splenic percussion sign)				
Light palpation entire abdomen				
Deep palpation entire abdomen				
Palpate liver				
Palpate spleen (2 positions)				
Palpate kidneys				
Palpate aorta				
Check for CVA tenderness				
Murphy's sign				
Inspect arms				
Palpate arm pulses and nodes				
Inspect legs				
Palpate leg pulses and nodes				
Check for edema (3 locations)				

APRN Program – Breast & Musculoskeletal

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APRN PROGRAM
Breast & Musculoskeletal

Examination element	1	2	3	Comments
Inspect breasts (4 positions)				
Palpate breasts				
Name and palpate axillary lymph nodes				
Inspect, palpate, ROM TMJ				
Inspect, palpate, ROM neck				
Identify shoulder landmarks (acromion tip, greater tubercle of humerus, coracoid process)				
Inspect, palpate, ROM shoulder				
Inspect, palpate ROM elbow				
Inspect, palpate ROM wrists and hands				
Inspect (from back and side), palpate ROM spine				
Inspect, palpate ROM hips				
Identify knee landmarks (tibial tuberosity, medial and lateral tibial condyles)				
Inspect, palpate ROM knees				
Inspect, palpate ROM ankles and feet				

APRN Program – Neurological Exam

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APRN PROGRAM
Neurological Exam

Examination element	1	2	3	Comments
Assess orientation (time, person, place)				
CN I				
CN II (fields, fundi, state you would do acuity)				
CN III,IV, VI (pupils, EOMs)				
CN V (facial sensation, temporal and masseter m.)				
CN VII (facial movement)				
CN VIII (hearing)				
CN IX, X (swallowing, palate rise, can omit gag)				
CN XI (shoulder movements)				
CN XII (tongue movement)				
Gait, tandem walk, toe and heel walk, hops, knee bends				
Grasp strength				
Coordination point to point UE and LE, RRAMS UE and LE				
Romberg				
Sensory – pain and light touch hands and feet				
DTRs: biceps				
DTRs: triceps				
DTRs: brachioradialis				
DTRs: patellar				
DTRs: Achilles				

BPA Grading

Grading:

Head/neck: 1.96 per point, each score of 3 = 5.88. MORE THAN 2 "1" scores = failing

Thorax/heart: 1.85 per point, each score of 3 = 5.55. MORE THAN 2 "1" scores = failing

Abdomen/PV: 1.85 per point, each score of 3 = 5.55. MORE THAN 2 "1" scores = failing

Breast/Musculoskeletal: 2.38 per point, each score of 3 = 7.14. MORE THAN 2 "1" scores = failing

Neuro: 1.66 per point, each score of 3 = 5.0. MORE THAN 3 "1" scores = failing

