

NR 509 Physical Examination Grading Rubric

Hello, my name is and I will be demonstrating a physical examination for the NR509 advanced physical assessment course.

Can you first tell me what your name and date of birth is and please let me know if you consent to this physical exam and video?

HEAD AND FACE
<u>Inspects facial skin- note abnormal lesions-</u> I will begin with inspecting your face. I don't see any discolorations or any lesions.
Inspect head for size, symmetry, midline position- Next, I will note that her head is midline and it is symmetrical.
<u>Palpates lymph nodes of the head and neck: preauricular, postauricular, occipital, tonsillar, submandibular, submental, anterior cervical, posterior cervical, supraclavicular (verbalize these)</u> Next, I will proceed into palpating the lymph nodes, and I will begin normally with the preauricular lymph nodes, right in front of the ear, and postauricular, right behind the ear. Then I will palpate her occipital lymph nodes in the back of the head. And then I'm going to move forward and palpate the tonsillar lymph nodes. Come under the jawline, the submandibular lymph nodes, and the submental. Now I will go to the anterior cervical lymph nodes, and the posterior cervical lymph nodes. And I will end with the supraclavicular lymph nodes right about the clavicles. I do not feel any enlargement, and they are equal bilaterally.
CN 5 (Trigeminal) <u>Motor – palpate over the masseter muscle as patient clenches jaw</u> Next, I will test the trigeminal nerve, which is cranial nerve number five. It has a motor component, and I will palpate over the masseter muscle as she clenches her jaw. And I don't feel any distortions, and she has great strength. Next, I will test the sensory portion of the trigeminal nerve <u>Sensory – light touch sensation to forehead, cheeks, chin, nose (patient closes eyes and identifies where they are being touched)</u> And I'll ask Sarah to close her eyes, and let me know where she feels my touch. Forehead, right cheek, left cheek, chin, nose.
CN 7 (Facial) <u>Inspect for facial symmetry with smile, frown, raise eyebrows, puff cheeks, pucker lips</u> Next, I will test her facial nerve, which is cranial nerve number seven. And I'm going to ask her to do some facial expressions. And I'll ask for her to begin with a smile, and I know that is symmetrical. Next, frown for me. OK. Now raise your eyebrows and go ahead and puff up your cheeks, and you notice they're equal bilaterally. And now I want you to pucker your lips, very tight pucker. So that looks good. Thank you.
EAR

Inspect outer ear for skin lesions and symmetry

Now, I'm going to inspect Sarah's ears, and I'm looking for any nodules or any skin lesions. Let's look at your other ear, Sarah, and they look nice and are symmetrical.

Inspect auditory canal and TM (using otoscope)

Now I'm going to look inside her ear canal with the otoscope. I'm going to pull her ear up and back, and as I look in, I see that the external auditory canal is clear, there's no swelling or redness or drainage or cerumen.

The tympanic membrane is pearly gray, and there is no effusion in the middle ear. I will do the same for her left ear, pull the ear up and back, looking into the external auditory canal. I see there is no cerumen, there's no swelling or redness, there is no drainage.

Palpate pinnae and tragus for nodules and tenderness

Her tympanic membrane is pearly grey, and there's no fluid in the external auditory canal. So you have very normal eardrums and ears. Now I'm going to palpate Sarah's pinna, [BLANK_AUDIO] For any nodules or tenderness, any tenderness, Sarah? No. And now her tragus, in front of the ear, any tenderness? No. Thank you

CN 8 (Acoustic)

Whisper Test (whisper words out of patient's sight, and patient repeats words back) Test one ear at a time.

Next I will be testing her acoustic nerve, which is cranial nerve number eight, and that is her hearing. So I will be performing a whisper test, so I'm going to ask Sarah to cover one of her ears. And then I will stand behind her, cover my mouth, and whisper three words.

One, two, three. One, two, three. And let's do the other side. Four, five, six. Four, five, six. And her hearing is intact bilaterally

EYE

Inspects sclera and conjunctiva

Now I'm going to assess Sarah's eyes, and first I'm going to look at her conjunctiva. I notice that they're pink and clear, no drainage or lesions. And I'll also note that her sclera is white and clear

CN 2 (Optic)

Assess gross visual acuity and peripheral/central vision

Now I'm going to test Sarah's cranial nerve number two, the optic nerve, and this covers central vision. And I will use this Snellen eye pocket chart. And I'll stand six feet away and ask Sarah to cover one eye.

And now read the lowest line possible. LTFPH. Repeat with the other eye. LTFPH. And now with both eyes. LTFPH. And Sarah has normal vision, 20/20 in her left eye, right eye, and with both eyes.

CN 2 (Optic)

Check pupillary response to light [PERRL]

And now I will continue checking cranial nerve number two, the optic nerve