

# HEALTH HISTORY WORKSHEET

PAGES 7-40

# WORKSHEET FOR RECORDING A HEALTH HISTORY

## I. Background Data

Name (Client's Initials)

Birthdate \_\_\_\_\_ Sex \_\_\_\_\_ Marital Status \_\_\_\_\_

Race \_\_\_\_\_ Religion \_\_\_\_\_

Usual Occupation \_\_\_\_\_

Present Occupation \_\_\_\_\_

Birthplace \_\_\_\_\_

Source of Referral \_\_\_\_\_

Usual Source of Health Care \_\_\_\_\_

Date of Interview \_\_\_\_\_

Source and reliability of information appears to be self-reliable historian

## II. Chief Complaint/Reason for Visit

"Quote"

## III. Present Illness/Present Health Status

"Quote", Denies present illness or disease

# WORKSHEET FOR RECORDING A HEALTH HISTORY

## IV. Past History

### Childhood Illnesses

Dates or ages if possible

Chickenpox, measles, diphtheria, polio, smallpox, scarlet fever or rheumatic fever, strep infection

### Major Illnesses

include major negatives also

TB, heart disease, cancer, hepatitis, hypertension, diabetes

### Immunizations

Dates if possible

Last tetanus, TB skin test, Hep series (A & B), MMR, DTaP, Varicella, PCV (Pneumococcal)

### Allergies

Food, seasonal, contact, drug,rxn

### Hospitalizations

Dates and problems corrected

### Injuries

Broken bones, any sutures

### Medications

OTC, BCP, Rx, Routine Meds, Vitamins

### Habits

Alcohol, smoking and smokeless tobacco (amount of each), sun exposure, caffeine, recreational drugs, exercise, seat belt use, nervous habits (nail biting, etc.)

### Surgeries

Type, date, and reason

## V.. Family History

### Illnesses of Family Nature

Synopsis of family tree, denies hx of...(list significant negatives)

### Family Tree (On Back)

## WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)

### VI. Review of Physical Systems

(Remember the following systems are for history, subjective, not objective. i.e., "patient states/denies")

#### General

height, weight, quote of state of health

#### Skin, Hair, Nails

Skin - lesions, moles, dryness, flaky

Hair - normal, oily, dry, loss of hair

Nails - discoloration, chipping, splitting, change in shape  
or contour

#### Head and Face

Head pain, OTC for headache (how often)

#### Eyes

Vision for each eye if known, Date of last exam, Need for contacts or glasses, diplopia, excessive tearing, photo sensitivity, erythema, or pruritus

#### Ears

Earache, drainage, Tinnitus, Hearing loss, Date of last exam

#### Nose and Sinuses

OTC meds, pressure or pain in sinus area, smell problems, epistaxis

#### Mouth and Throat

Bleeding of gums, sores inside mouth (lips), sore throat, hoarseness, brush teeth and floss (how often), toothaches, dysphagia, tonsils, Date of dental check

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

### Neck/Nodes

Limited ROM, stiffness of neck, enlargement of lymph nodes

### Breasts

Tenderness, discharge, lumps (SBE, mammogram – females only)

### Chest and respiratory System

Dyspnea, orthopnea, chest pains, dry cough at night, last Chest x-ray, exposure to TB, wheezing, Hx of pneumonia or frequent upper respiratory infection, Hx of asthma, shortness of breath on exertion

### Cardiovascular System

Chest pain, heart disease (MI), Hx of blood clots, extremities (cold, numb, tingling, or pain), murmurs

### Gastrointestinal System

Indigestion, ulcers, constipation, diarrhea, hemorrhoids, BM frequency and describe, N & V

### Genitourinary System

Any frequency, urgency, pain, hematuria, nocturia, hesitancy, number of voidings day and night

## WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)

### Menstrual/Obstetrical History/Testicular

Menarche, cycle time, flow number of days and amount, cramps (Rx),  
Complications, Vag vs. c-sect

Gravida \_\_\_\_\_

Para \_\_\_\_\_

Ab \_\_\_\_\_

**Male:** TSE, lumps in scrotum, discharge, hernia

### Sexual History

Number of partners, STD, type present relationship

Male: puberty age, satisfying relationship and importance

B.C., protection against STD's

### Musculoskeletal System

pain, edema or stiffness of muscles or joints, ROM, broken bones,  
weakness, balance, or masses on bones or muscles,  
Osteoporosis

### Neurological System

Depression, lack of concentration, seizures, weakness, tingling  
extremities, loss of sensation or numbness, Hx of concussion  
or any loss of consciousness

### Hematopoietic System

Hx of anemia, receive blood transfusion, bruising or bleeding easily

### Endocrine System

Hair loss or growth, weight loss or gain, heat and cold intolerance,  
polydipsia, polyphagia, polyuria

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

### VII. Review of Sociological System

#### Family Relationships

Relationship among family members, holidays, family values

#### Occupational History

From 1st to present

#### Economic Status

Able to buy food, pay bills, housing, medical/health care

#### Daily Profile

Typical day and activities with times

#### Educational Level

#### Environmental Assessment

Employment risk, out of county, housing location, environmental health risks

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

### **VIII. Review of Psychological System**

#### **Cognitive Abilities**

Give phrase to assess thought process or able to answer examiner's questions appropriately

#### **Response to Illness**

When do they seek medical care, home remedies, last physical

#### **Response to Care**

Do they follow medical orders and teaching/instruction from nurse

#### **Cultural Implications**

Any implication that could interfere with health care Ex: receiving blood transfusion

### **IX. Developmental Data**

Goals, present developmental data, Stage

### **X. Nutritional Data**

#### **Intake Patterns**

Need 24° recall for 3 meals and snacks

#### **Preferences**

Likes and dislikes

### **XI. Social**

Friends, roommates, hobbies, and activities

### **XI. Nursing Diagnoses**

Revised 3/04

# **HEALTH HISTORY TEST SET**

**PAGE 16-24**

# TEST SET

## WORKSHEET FOR RECORDING A HEALTH HISTORY

### I. Background Data

Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Sex \_\_\_\_\_ Marital Status \_\_\_\_\_

Race \_\_\_\_\_ Religion \_\_\_\_\_

Usual Occupation \_\_\_\_\_

Present Occupation \_\_\_\_\_

Birthplace \_\_\_\_\_

Source of Referral \_\_\_\_\_

Usual Source of Health Care \_\_\_\_\_

Date of Interview \_\_\_\_\_

Source and reliability of information \_\_\_\_\_

### II. Chief Complaint/Reason for Visit

### III. Present Illness/Present Health Status

## WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)

### IV. Past History

#### Childhood Illnesses

#### Major Illnesses

#### Immunizations

#### Allergies

#### Hospitalizations

#### Injuries

#### Medications

#### Habits

#### Surgeries

### V. Family History

#### Illnesses of Family Nature

#### Family Tree (On Back)

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

### VI. Review of Physical Systems

General

Skin, Hair, Nails

Head and Face

Eyes

Ears

Nose and Sinuses

Mouth and Throat

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

Neck/Nodes

Breasts

Respiratory System

Cardiovascular System

Gastrointestinal System

Genitourinary System

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

Menstrual/Obstetrical History

Sexual History

Musculoskeletal System

Neurological System

Hematopoietic System

Endocrine System

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

### VII. Review of Sociological System

Family Relationships

Occupational History

Economic Status

Daily Profile

Educational Level

Environmental Assessment

## **WORKSHEET FOR RECORDING A HEALTH HISTORY (Continued)**

### VIII. Review of Psychological System

Cognitive Abilities

Response to Illness

Response to Care

Cultural Considerations

### IX. Developmental Data

### X. Nutritional Data

Intake Patterns

Preferences

### XI. Social

### XII. Nursing Diagnoses

Revised 3/04

# EVALUATION RECORDING OF A COMPREHENSIVE HEALTH HISTORY

## THE HEALTH HISTORY

Performance: Did the student obtain complete information regarding the following items, using an organized, efficient approach?

Recording: Did the student record appropriate information regarding the following items, using logical, clear, and concise phraseology?

	<b>Recording</b>		
A. Identifying Information	(1)	yes	no
B. Chief Complaint	(2)	yes	no
C. Present Illness/Present Health Status	(3)	yes	no
D. Past History			
1. Childhood Illness	(4)	yes	no
2. Major Illnesses	(5)	yes	no
3. Immunizations	(6)	yes	no
4. Allergies	(7)	yes	no
5. Hospitalizations	(8)	yes	no
6. Injuries	(9)	yes	no
7. Medications	(10)	yes	no
8. Habits	(11)	yes	no
9. Surgeries	(12)	yes	no
E. Family Medical History			
1. Family Tree	(13)	yes	no
2. Illnesses of a Familial Nature	(14)	yes	no
F. Review of Systems			
1. General Health	(15)	yes	no
2. Skin, Hair, Nails	(16)	yes	no
3. Head and Face	(17)	yes	no
4. Eyes	(18)	yes	no
5. Ears	(19)	yes	no
6. Nose and Sinuses	(20)	yes	no
7. Mouth and Throat	(21)	yes	no
8. Neck/Nodes	(22)	yes	no
9. Breasts	(23)	yes	no
10. Respiratory	(24)	yes	no
11. Cardiovascular	(25)	yes	no
12. Gastrointestinal	(26)	yes	no
13. Genitourinary	(27)	yes	no

**Recording**

## F. Review of Systems

(Continued)

15. Menstrual/OB	(28)	yes	no
16. Sexual	(29)	yes	no
17. Musculoskeletal	(30)	yes	no
18. Neurological	(31)	yes	no
19. Hematopoietic	(32)	yes	no
20. Endocrine	(33)	yes	no

## G. Social Data

1. Family Relationships	(34)	yes	no
2. Occupational History	(35)	yes	no
3. Economic Status	(36)	yes	no
4. Daily Profile	(37)	yes	no
5. Educational Level	(38)	yes	no
6. Patterns of Health Care	(39)	yes	no
7. Environmental Assessment	(40)	yes	no

## H. Psychological Data

1. Cognitive Abilities	(41)	yes	no
2. Response to Illness	(42)	yes	no
3. Response to Care	(43)	yes	no
4. Cultural Influences	(44)	yes	no

I. Developmental Assessment  
(Age/Appropriate)

(45) yes no

## J. Nutritional Assessment

1. Daily Intake Patterns	(46)	yes	no
2. Food Preferences	(47)	yes	no

## K. Social

(48) yes no

## L. Nursing Diagnosis

(49) yes no

Legibility, Spelling, On Time (4 pts)

(50) yes no

COMMENTS:

# **COMPREHENSIVE PHYSICAL EXAM**

## **TEST SET**

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## COMPREHENSIVE PHYSICAL EXAM\*

	Performance	Recording	(3) Long Systems	(2) Short Systems
Head/Neck/Integument	29 pts	29 pts	✓	
Eyes	17 pts	17 pts		✓
Ears	14 pts	12 pts		✓
Nose, Mouth, and Throat	13 pts	13 pts		✓
Thorax and lungs	25 pts	21 pts	✓	
Breast and axillae	14 pts	10 pts		✓
Heart	22 pts	17 pts	✓	
Peripheral Vascular	12 pts	12 pts		✓
Abdomen	28 pts	24 pts	✓	
Musculoskeletal	28 pts	28 pts	✓	
CNS & PNS	30 pts	30 pts	✓	
Testicular	13 pts	8 pts		✓
Overall performance	12 pts	N/A	(everyone)	
General Appearance		5 pts		

\*STUDENTS WILL PERFORM EXAMINATION OF THREE LONG SYSTEMS AND TWO SHORT SYSTEMS. THE FIVE SYSTEMS TO BE EXAMINED WILL BE CHOSEN IMMEDIATELY PRIOR TO THE EXAMINATION.

\*UP TO 10 POINTS MAY BE DEDUCTED FROM PHYSICAL FOR EXCESSIVE USE OF ASSESSMENT SHEETS.

Grade

Physical = \_\_\_\_\_

Write-Up = \_\_\_\_\_

## Evaluation of Physical Exam Demonstration

### OVERALL PERFORMANCE (12 pts)

#### ONE (1) POINT EACH

- |  | MET | NOT MET |
|--|-----|---------|
| 1. Introduces self to client   |     |         |
| 2. Identifies communication as privileged  |     |         |
| 3. Assures minimum interruptions   |     |         |
| 4. Uses open ended questions when appropriate  |     |         |
| 5. Uses language appropriate to the patient's ability to understand                          |     |         |
| 6. Considers client's sensitivity when obtaining personal data                               |     |         |
| 7. Uses eye contact and touch appropriately  |     |         |
| 8. Displays interest   |     |         |
| 9. Deals with patient's expressed questions and concerns                                     |     |         |
| 10. Deals with patient's non-verbally communicated concerns (e.g., trembling, signs of pain) |     |         |
| 11. Presents self in professional manner   |     |         |
| 12. Provides privacy for the examination   |     |         |

## EVALUATION OF COMPREHENSIVE PHYSICAL EXAM

<b>Head, Neck and Integument</b> <b>(Performance 29 pts, Recording 29 pts.)</b>	Performance		Recording	
	Met	Not Met	Met	Not Met
<p>Competency: Assesses Skin and Nails Criteria:</p> <p>(1) 1. Assesses and records client's personal hygiene.</p> <p>(5) 2. Inspects and records color, temperature, turgor, moisture, and texture of skin.</p> <p>(1) 3. Assesses and records lesions, masses, presence of edema, or abnormal pigmentation.</p> <p>(1) 4. Inspects and records color of nailbeds, shape and contour of nails.</p> <p>(2) 5. Assesses and records capillary refill of finger nails, toe nails</p> <p>Competency: Assesses head and face. Criteria:</p> <p>(1) 1. Assesses and records distribution and texture of hair.</p> <p>(1) 2. Palpates scalp and records findings of tenderness, lesions, masses, etc.</p> <p>(1) 3. Inspects and records size and shape of cranium.</p> <p>(1) 4. Inspects and records face for symmetry and expression.</p> <p>Competency: Assesses structures within neck. Criteria:</p> <p>(.5) 1. Evaluates and records head movement.</p> <p>(.5) 2. Observes neck for symmetry, records findings.</p> <p>(2) 3. Palpates for thyroid gland, records findings.</p> <p>(1) 4. Evaluates position of trachea, records findings.</p> <p>(1) 5. Auscultates carotids, records findings.</p> <p>Competency: Assesses for enlargement of lymph tissue. Criteria:</p> <p>(3) 1. Palpates for occipital, pre and post auricular nodes, records findings.</p> <p>(3) 2. Palpates for tonsillar, submandibular, and submental nodes, records findings.</p> <p>(4) 3. Palpates for superficial cervical, deep cervical, posterior cervical, and supraclavicular nodes, records findings.</p>				

	Performance		Grading for Recording	
	Met	Not Met	Met	Not Met
<b>Eyes (Performance 17 pts, Recording 17 pts.)</b>				
Competency: Assess Visual Functions. Criteria:				
(3)	1. Measures and records visual acuity using the Snellen Chart			
(2)	2. Assesses and records extraocular muscles			
(3)	3. Assesses and records reflex functions: Corneal light reflex Corneal sensitivity			
Competency: Assesses Ocular structures. Criteria:				
(4)	1. Inspects lids, lashes, conjunctiva, sclera, cornea, iris, and pupils for normal appearance, and records findings.			
(3)	2. Tests for pupil reactivity and records results: Equality Consensual reaction Accommodation			
(2)	3. Correctly assembles and uses ophthalmoscope to visualize retinal structures. Records retinal structures visualized.			
<b>Ears (Performance 14 pts, Recording 12 pts.)</b>				
Competency: Assesses external ear. Criteria:				
(2)	1. Inspects external ear for symmetry and placement, and records findings.			
(2)	2. Inspects and palpates the auricle and auditory meatus for appearance, pain, discharge, records findings.			
Competency: Assesses middle ear. Criteria:				
(2)	1. Uses otoscope to visualize the ear canal and tympanic membrane.		X	X
(2)	2. Identifies and records color and landmarks of the tympanic membrane.			
Competency: Assesses auditory functions. Criteria:				
(2)	1. Measures hearing acuity and records findings. Whisper test			
(4)	2. Performs test for hearing loss and records findings. Weber test Rinne test			

	Performance		Grading for Recording	
	Met	Not Met	Met	Not Met
<b>Nose, Mouth and Throat (Performance 13 pts., Recording 13 pts.)</b>				
Competency: Assesses the nose and sinuses. Criteria:				
(1)	1. Inspects external structures for deviation in shape, size, color, discharge, records findings.			
(1)	2. Tests for patency of nostrils and record.			
(2)	3. Uses light source appropriately to visualize the middle and inferior turbinates, mucosa, septum and record.			
(2)	4. Palpates sinuses and record findings. Frontal Maxillary			
Competency: Assesses the mouth and oral cavity. Criteria:				
(4)	1. Inspects and palpates for appearance, discharge, pain and record findings. Lips - color, symmetry, cracking, lesions Teeth and gums - number, cavities, color, lesions, swelling, bleeding Tongue - R.O.M., color, texture, deviation Mucosa - color, ulceration, nodules, irritation			
(1)	2. Assesses movement of tongue and uvula and record findings.			
(1)	3. Uses tongue depressor to examine tonsils and throat and record findings.			
(1)	4. Assesses the gag reflex and record findings.			
<b>Thorax and Lungs (Sequence: Posterior, Lateral, Anterior) (Performance 25 pts., Recording 21 pts.)</b>				
Competency: Assesses Thorax-Inspection. Criteria:				
(3)	1. Evaluates respiration: rate, difficulty, symmetry and record findings.			
(2)	2. Estimates ratio of A.P. diameter to transverse diameter and record findings.			
Competency: Assesses Thorax-Palpation. Criteria:				
(1)	1. Measures for smooth and symmetrical respiratory/chest expansion and record findings.			
(3)	2. Palpates interspaces and bony thorax for masses and tenderness and record findings.			

	Performance		Grading for Recording	
	Met	Not Met	Met	Not Met
<b>Thorax and Lungs (Sequence: Posterior, Lateral, Anterior) - (Continued)</b>				
Competency: Assesses Thorax-Percussion. Criteria:				
(2)			X	X
(6)				
1. Uses correct technique for percussion--anterior, posterior, lateral.				
2. Compares bilaterally as percussing the right then left lobes from the apices to the bases of each lung and record findings.				
Competency: Assesses Thorax-Auscultation. Criteria:				
(2)			X	X
(6)				
1. Uses correct technique for auscultation-progresses systematically (anterior, posterior lateral).				
2. Compares breath sounds bilaterally and record findings.				
<b>Breast and Axillae (Sequence: Sitting, Supine) (Performance 14 pts., Recording 10 pts.)</b>				
Competency: Assesses Breasts. Criteria:				
(1)				
(1)			X	X
(4)				
1. Inspects breasts for size, symmetry, shape, skin irritations, dimpling, and edema and record findings.				
2. Positions client to assess changes in contour and to increase accessibility of breast tissue for palpation				
3. Palpates for enlargement of axillary nodes and supraclavicular and infraclavicular nodes and names: Record Findings central lateral subscapular/posterior pectoral				
(1)			X	X
(1)				
4. Palpates systematically all four quadrants and tail of each breast in supine position.				
5. Notes consistency, texture, and any masses or tenderness and record				
Competency: Assesses Areolar Areas and Nipples. Criteria				
(1)				
(1)				
(1)				
1. Inspects areolar area for equal bilateral pigmentation and any irritations and record				
2. Notes if nipples are erect and intact and record.				
3. Compresses nipples for possible discharge and record.				

<b>Breast and Axillae (Sequence: Sitting, Supine) - Continued</b>	Performance		Grading for Recording	
	Met	Not Met	Met	Not Met
Competency: Health Teaching. (3 pts.) Criteria:				
1. Assesses client's knowledge and practice of self breast examination. Record Health Teaching provided.				
2. Explain importance, what to look for, and when to do self examination.			X	X
3. Demonstrates the procedure steps.			X	X
4. Explain normal firm ridge in lower curve of each breast.			X	X
5. Tells client what changes to look for and what to report to a health care provider.			X	X
6. Guides client through inspection and palpation of breast tissues in sitting and reclining positions.			X	X
<b>Heart (Performance 22 pts., Recording 17 pts.)</b>				
Competency: Assesses by Inspection and Palpation. Criteria:				
(1) 1. Notes and records any abnormal posture or chest configuration.				
(1) 2. Observes with tangential lighting for visible cardiac movement and records findings.				
(2) 3. Locates, records, and describes PMI.				
(1) 4. Notes pulsations, thrills, heaves or retractions and records.				
Competency: Assess by Percussion. Criteria:				
(1) 1. Positions client correctly. Uses correct technique for percussion.			X	X
(2) 2. Locates LBCD at 5 <sup>th</sup> ICS, and records.				
Competency: Assess by Auscultation. Criteria:				
(1) 1. Positions client correctly (at least 2 positions).			X	X
(5) 2. Progresses systematically over five cardiac areas, identifying auscultation points.			X	X

		Performance		Grading for Recording	
		Met	Not Met	Met	Not Met
<b>Heart (Continued)</b>					
(2)	3.	Listens for heart sounds with the diaphragm (S <sub>1</sub> , S <sub>2</sub> , splits) and records findings.			
(4)	4.	Listen for heart sounds with the bell (S <sub>3</sub> , S <sub>4</sub> ) and records findings.		X	X
(6)	5.	X	X		
	5.	Describes presence or absence of abnormal sounds (S <sub>3</sub> , S <sub>4</sub> , murmurs, gallop, click).			
(2)	6.	Assesses and records apical rate & rhythm.			
<b>Peripheral Vascular (Performance 12 pts., Recording 12 pts.)</b>					
Competency: Assesses by Palpation. Criteria:					
(7)	1.	Examines, systematically, seven bilateral arterial pulses and records findings. Carotid, brachial, radial, femoral, popliteal, posterior tibial, and dorsalis pedis.			
(2)	2.	Notes the consistency of the wall, rate and rhythm, quality, and equality of the arterial pulses and records findings.			
(3)	3.	Listens for and recognizes bruits over the carotid arteries and records findings. Utilize the bell appropriately			
<b>Abdomen (Performance 28 pts., Recording 24 pts.)</b>					
Competency: Assesses by Inspection. Criteria:					
(1)	1.	Positions and drapes client appropriately.		X	X
(1)	2.	Uses tangential lighting for visualization.		X	X
(1)	3.	Observes the skin for turgor, scars, lesions, pigmentation, and striae, records findings.			
(1)	4.	Notes and records the contour of the abdomen.			
(1)	5.	Notes and records position of the umbilicus.			
(2)	6.	Observes for visible peristalsis, pulsations, and breathing activity, masses, records findings.			
Competency: Assesses by Auscultation. Criteria:					
(4)	1.	Systematically listens in all four quadrants and the epigastrium for bowel sounds, records findings.			
(1)	2.	Uses stethoscope correctly		X	X

		Performance		Grading for Recording	
		Met	Not Met	Met	Not Met
<b>Abdomen (Continued)</b>					
(3)	3. Listens for vascular sounds over the aorta, renal and iliac arteries, records findings (note any bruits of friction rubs).  Competency: Assesses by Percussion. Criteria:				
(2)	1. Percusses in all four quadrants and over the bladder, records findings.				
(2)	2. Uses fist percussion to denote CVA tenderness, records findings.  Competency: Assesses by Palpation. Criteria:				
(1)	1. Facilitates client's relaxation of abdominal muscles.			X	X
(1)	2. Lightly palpates systematically in all four quadrants, records findings.				
(1)	3. Deeply palpates systematically in all four quadrants, records findings.				
(1)	4. Assesses for rebound tenderness, records findings.				
(1)	5. Palpates for the lower border of the liver, records findings.				
(1)	6. Palpates for the spleen, kidneys, and aorta, records findings.				
(1)	7. Palpates inguinal lymph nodes, records findings.				
(1)	8. Explores any observable herniations, instructs client to cough or strain, records findings.				
(1)	9. Palpates femoral pulses, records findings.				
<b>Musculoskeletal (Performance 28 pts., Recording 28 pts.)</b>					
Competency: Assess Back and Gait Criteria:					
(1)	1. Views laterally to assess posture. Inspects for deviations in normal spinal curvature and records findings.				
(1)	2. Assess R.O.M. of spine by instructing client to bend at the waist, hyper extend, lateral bend and rotate. Document findings, noting any deformities.				
(1)	3. Palpates spinous processes and para vertebral muscles for continuity, tenderness and masses, records findings.				
(1)	4. Observes client's gait for arm swing, coordination, and rhythm and record.				

	Performance		Grading for Recording	
	Met	Not Met	Met	Not Met
<b>Musculoskeletal (Continued)</b>				
Competency: Assesses Upper Extremities. Criteria:				
(2)	1. Inspects and palpates systematically from shoulders to hands comparing right and left sides, records findings. Note size, contour, edema, redness or subluxation.			
(2)	2. Assesses joint movement simultaneously with palpation and records findings. Note any tenderness, crepitus, effusion and masses and records findings			
(8)	3. Evaluates range of motion and muscle strength of shoulders, elbows, wrist and hands. Document findings.			
Competency: Assesses Lower Extremities. Criteria:				
(2)	1. Inspects and palpates systematically from hips to toes comparing right and left sides and records findings. Note size, contour, edema, redness or subluxation.			
(2)	2. Assesses movement of joints with palpation, records findings. Note any tenderness, crepitus, effusion or masses, records findings.			
(8)	3. Evaluates range of motion (R.O.M.) and muscle strength of the hip, knee, feet and ankle and record.			
<b>Central &amp; Peripheral Nervous System (Performance 30 pts., Recording 30 pts.)</b>				
Competency: Assesses Mental Status Criteria:				
(1)	1. Evaluate orientation to time, place, and person and record.			
(1)	2. Tests for recent and remote memory and record.			
(1)	3. Tests the client's ability to make a decision and record.			
Competency: Assesses Cranial Nerves. Criteria:				
	1. Tests functions of the twelve nerves: Record findings and list abnormal findings specifically.			
(1)	I .... Sense of smell			
(1)	II ... Sense of vision			
(1)	III, IV & VI Motor control of eye movement			
(2)	V ... Sensory of the face and head; motor: control of Mastication			

	Performance		Grading for Recording	
	Met	Not Met	Met	Not Met
<b>Central &amp; Peripheral Nervous System (continued)</b>				
(2) VII Sensory of taste, anterior tongue surface; motor: control of facial expression				
(1) VIII Sensory of hearing.				
(1) IX, X motor: gag reflex & uvule rise on phonation				
(1) XI.. Motor control of shoulder and neck movement				
(1) XII Motor control of tongue movement				
Competency: Assesses Cerebellar Functions. Criteria:				
(1) 1. Instructs client to perform fine motor movements and record. Observes for smooth, steady, and precise movements and record. (Notes non rhythmic, missed target, stiffness, spastic and jerking movements.)				
(2) 2. Instructs client to perform gross motor and balance functions and record.				
(1) 3. Observes gait for balance, arm/swing, stepping coordination, and rhythm and record. (Notes hesitation in starting or stopping, spastic, shuffling, waddling, foot dragging, staggering.)				
Competency: Assesses Spinal Nerve Functions. Criteria:				
(3) 1. Tests for client's perception of superficial pain, light touch, and vibration, bilaterally and record.				
(1) 2. Tests position and joint motion sense and record.				
(1) 3. Performs discriminatory tests of sensation (stereognosis, graphesthesia). Record				
Competency: Assesses Reflexes. Criteria:				
(5) 1. Elicits deep tendon reflexes bilaterally (biceps, triceps, brachioradiales, patellar and achilles) & document.				
(2) 2. Elicits superficial reflexes <u>bilaterally</u> (upper and lower abdominal, plantar (Babinski) <u>and record</u> ).				

<b>Testicular (Performance 13 pts., Recording 8 pts.)</b>	Performance		Grading for Recording	
	Met	Not Met	Met	Not Met
Competency: Assesses Reflexes. Criteria:				
(2) 1. Assess client's knowledge and practice of testicular exam. Record health teaching.				
(3) 2. Explain timing, importance and what to look for with self examination.			X	X
(1) 3. Demonstrate the procedure steps.			X	X
(2) 4. Inspect and palpate the pelvis and record normal findings.				
(2) 5. Inspect and palpate the scrotom and record normal findings.				
(2) 6. Inspect and palpate for hernia and record normal findings.				
(1) 7. Tell client what to report to a health care provider.			X	X

Student \_\_\_\_\_

Evaluator \_\_\_\_\_

Comments:



**RECORDING PHYSICAL FINDINGS (CONTINUED)**

7. Thorax and Lungs: \_\_\_\_\_  
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8. Breast and Axillae: \_\_\_\_\_  
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9. Heart: \_\_\_\_\_  
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10. Peripheral Vascular: \_\_\_\_\_  
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11. Abdomen: \_\_\_\_\_  
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**RECORDING PHYSICAL FINDINGS (CONTINUED)**

12. Musculoskeletal \_\_\_\_\_  
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13. CNS and PNS: \_\_\_\_\_  
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14. Testicular: \_\_\_\_\_  
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