

General Inspection

Colour
Amputations
Obesity
Ask about pain and note discomforts

Hands

Temperature
Clubbing
Peripheral cyanosis
Capillary Refill
Anaemic palmar creases
Cigarette tar staining
Splinter haemorrhages of nails
Radial pulse palpation
Ulnar pulse palpation
Allen's test – Grip wrist tight until patient's hand goes pale. Release. Expect colour to return in < 5 seconds.
Collapsing radial pulse – Note changes to pulse when raised above heart level

Arms

Xanthomata – fat deposits
Brachial pulse

Neck

Carotid pulse palpation
Carotid auscultation
Raised jugular venous pressure

Face

Corneal arcus
Xanthalesma – fat deposits around eyes
Central cyanosis e.g. Tongue
Anaemia

Chest – Inspection

Scars
Visible pulsations
Pacemaker or patches

Chest – Palpation

Apex beat – 5th intercostal space, mid-clavicular line
Heaves – Heel of hand placed on sternal border towards heart
Thrills – Palpate each valve site for murmur

Chest – Auscultation

Heart valve: Aortic site
Heart valve: Pulmonary site
Heart valve: Tricuspid site
Heart valve: Mitral site
Lung base for oedema

Oedema inspection

Sacrum
Legs, feet and ankles

Abdominal exam

Hepatosplenomegaly
Palpate aorta
Auscultate aorta
Palpate femoral pulses
Auscultate femoral pulses

Legs and feet

Colour
Hair loss
Temperature
Capillary refill
Varicosities
Ulceration / Gangrene
Scars
Popliteal pulse
Posterior tibialis
Dorsalis pedis

Further investigation

12-lead ECG
Temperature

