**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