

- **Deformities?** (Heberden or Bouchard nodes as in osteoarthritis on fingers.
- Any wounds or IVs or central lines? (Assess for redness or drainage, expiration date etc.)
- Hand and fingernails for color: they should be pink and capillary refill should be less than 2 seconds.
- Inspect joints for swelling or redness (rheumatoid arthritis or gout)
- Skin turgor (tenting)

Palpate joints (elbows, wrist, and hands) for redness and move the joints (note any decreased range of motion or crepitus)

Palpate skin temperature

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Palpate radial artery BILATERALLY and grade it. If the patient receives dialysis and has an AV fistula, confirm it has a thrill present.

Have the patient extend their arms and move the arms against resistance and flex against resistance (grade strength on 0-5) along with having the patient squeeze your fingers (note the grip)

Chest:

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Inspect the chest

- Is the respiratory effort easy? Is the patient using the abdominal or accessory muscles for breathing?
- Does the patient have a barreled chest (some patients with COPD do)?
- Assess the skin for wounds, pacemaker present, subcutaneous port etc.?

Heart Sounds:

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Auscultate heart sounds at 5 locations, specifically valve locations:

Remember the mnemonic: "All Patients Effectively (Erb's Point...halfway point between the base and apex of the heart) Take Medicine"

- **All: Aortic**
- **Patients: Pulmonic**
- **Effectively: Erb's Point (no valve at this location)**