

Compliance Department

ELEMENTS OF CARDIOVASCULAR EXAMINATION

11/2010

Elements of Cardiovascular Examination

System/ Body Area	Elements of Examination Cardiovascular
<u>Constitutional</u>	<ul style="list-style-type: none"> • Measurement of any three of the following seven vital signs: 1) sitting or standing blood pressure, 2) supine blood pressure, 3) pulse rate and regularity, 4) respiration, 5) temperature, 6) height, 7) weight (May be measured and recorded by ancillary staff) • General appearance of patient (e.g., development, nutrition, body habitus, deformities, attention to grooming)
Eyes	<ul style="list-style-type: none"> • Inspection of conjunctivae and lids (e.g., xanthelasma)
Ears, Nose, Mouth & Throat	<ul style="list-style-type: none"> • Inspection of teeth, gums and palate • Inspection of oral mucosa with notation of presence of pallor or cyanosis.

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Neck	<ul style="list-style-type: none">• Examination of jugular veins (e.g., distension; a, v or cannon a waves)• Examination of thyroid (e.g., enlargement, tenderness, mass)
<u>Respiratory</u>	<ul style="list-style-type: none">• Assessment of respiratory effort (e.g., intercostal retractions, use of accessory muscles, diaphragmatic movement)• Auscultation of lungs (e.g., breath sounds, adventitious sounds, rubs)
<u>Cardiovascular</u>	<ul style="list-style-type: none">• Palpation of heart (e.g., location, size and forcefulness of the point of maximal impact; thrills; palpable S3 or S4)• Auscultation of heart including sounds, abnormal sounds and murmurs.• Measurement of blood pressure in two or more extremities when indicated (e.g., aortic dissection, coarctation)

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<u>Cardiovascular</u> <u>(Cont'd)</u>	Examination of: <ul style="list-style-type: none">• Carotid arteries (e.g., waveform, pulse amplitude, bruits, apical-carotid delay)• Abdominal aorta (e.g., size, bruits)• Femoral arteries (e.g., pulse amplitude, bruits)• Pedal pulses (e.g., pulse amplitude)• Extremities for peripheral edema and/or varicosities

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<u>Gastrointestinal (Abdomen)</u>	<ul style="list-style-type: none">• Examination of abdomen with notation of presence of masses or tenderness• Examination of liver and spleen• Obtain stool sample for occult blood from patients who are being considered for thrombolytic or anticoagulant therapy
Musculoskeletal	<ul style="list-style-type: none">• Examination of the back with notation of kyphosis or scoliosis• Examination of gait with notation of ability to undergo exercise testing and/or participation in exercise programs.• Assessment of muscle strength and tone (e.g., flaccid, cog wheel, spastic) with notation of any atrophy and abnormal movements.

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Extremities	<ul style="list-style-type: none">• Inspection and palpation of digits and nails (e.g., clubbing, cyanosis, inflammation, petechiae, ischemia, infections, Osler's nodes)
Skin	<ul style="list-style-type: none">• Inspection and/or palpation of skin and subcutaneous tissue (e.g., stasis dermatitis, ulcers, scars, xanthomas)
<u>Neurological/ Psychiatric</u>	Brief assessment of mental status including: <ul style="list-style-type: none">• Orientation to time, place and person• Mood and affect (e.g., depression, anxiety, agitation)

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Content and Documentation Requirements

Level of Exam

Perform and Document:

Problem Focused

One to five elements identified by a bullet.

Expanded Problem Focused

At least six elements identified by a bullet

Detail

At least twelve elements identified by a bullet.

Comprehensive

Perform **all** elements identified by a bullet; document every element in an **Underlined/bold** box and at least one element in a non-underlined/bold box.

Resources

- UCLA Compliance Office
 - Marti Arvin, Chief Compliance Officer (310) 794-6763
- Confidential Hotline 1-800 296-7188
- UCLA Compliance Website <http://www.mednet.ucla.edu/compliance/>.