

Compliance Department

ELEMENTS OF SKIN EXAMINATION

11/2010

Elements of Skin Examination

System/ Body Area	Elements of Examination Skin
<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
<u>Ears, Nose, Mouth & Throat</u>	<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)
Cardiovascular	<ul style="list-style-type: none"> • Examination of peripheral vascular system by observation (e.g., swelling, varicosities) and palpation (e.g., pulses, temperature, edema, tenderness)
Gastrointestinal	<ul style="list-style-type: none"> • Examination of liver and spleen • Examination of anus for condyloma and other lesions
Lymphatic	<ul style="list-style-type: none"> • Palpation of lymph nodes in neck, axillae, groin and/or other location
Extremities	<ul style="list-style-type: none"> • Inspection and palpation of digits and nails (e.g., clubbing, cyanosis, inflammation, petechiae, ischemia, infections, nodes)

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<u>Skin</u>	<ul style="list-style-type: none"> • Palpation of scalp and inspection of hair of scalp, eyebrows, face, chest, pubic area (when indicated) and extremities) • Inspection and/or palpation of skin and subcutaneous tissue (e.g., rashes, lesions, ulcers, susceptibility to and presence of photo damage) in four of the following five areas: 1) head and neck; 2) chest, breast, and back; 3) abdomen; 4) genitalia; and 5) extremities. <p>NOTE: For comprehensive level, the examination of all four anatomic areas must be performed and documented. For the three lower levels of examination, each body area is counted separately. For example, inspection and/or palpation of the skin and subcutaneous tissue of the head and neck and extremities constitutes two areas.</p>

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<u>Skin</u> <u>(Continued)</u>	<ul style="list-style-type: none">• Inspection of eccrine and apocrine glands of skin and subcutaneous tissue with identification and location of any hyperhidrosis, chromhidroses or bromhidrosis.
Neurological/ Psychiatric	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 a non-underlined/bold box.

Resources

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