**Final Head-to-Toe Exam**

**Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cohort: \_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Each item in the table is worth 1 point. Award one point for every assessment the student correctly demonstrates (D) and articulates (A). Circle any specific item missed. Add the points in each column that the student earned. **Students must pass each system with an 84% or better in order to pass this course.** The Total row indicates the minimum points needed to pass each system. The student must pass the entire exam once and has **1 hour** to complete exam.

| **Integumentary Exam** | **D** | **A** |
| --- | --- | --- |
| Skin |  | 1 |  | 1 |
| Hair |  | 1 |  | 1 |
| Nails |  | 1 |  | 1 |
| **Subtotal** |  **/3** |  **/3** |
| **Total: Student must receive 5 out of 6 to pass this system** |  **/6** |

| **Musculoskeletal Exam** | **D** | **A** |
| --- | --- | --- |
| **Examine joints and surrounding soft tissue. For each joint the student must inspect, palpate and perform ROM as appropriate.** |  |  |
| **TMJs:** Temporomandibular joints: Inspection, palpation, open/close, side to side |  | 4 |  | 4 |
| **Cervical spine**: Inspection, palpation, flexion, extension, lateral bending, rotation |  | 6 |  | 6 |
| **Shoulders**: Inspection, palpation, flexion, extension, internal rotation, external rotation, abduction, adduction |  | 8 |  | 8 |
| **Sternoclavicular joints**: Inspection, palpation |  | 2 |  | 2 |
| **AC joints**: Acromioclavicular joints: Inspection, palpation |  | 2 |  | 2 |
| **Elbows:** Inspection, Palpation, Flexion, Extension, Supination, Pronation |  | 6 |  | 6 |
| Includes medial and lateral epicondyles |  | 2 |  | 2 |
| **Wrists**: Inspection, palpation, flexion, extension, radial deviation, ulnar deviation |  | 6 |  | 6 |
| **Hands**: Inspection, palpation, flexion, extension, abduction, adduction, ROM |  | 7 |  | 7 |
|  Includes CMCs, MCPs, PIPs, DIPs  |  | 4 |  | 4 |
| **Lumbar Spine**: Inspection, palpation, flexion, extension, lateral bending, rotation |  | 6 |  | 6 |
| **Hips**: Inspection, palpation, flexion, extension, abduction, adduction, internal rotation, external rotation |  | 8 |  | 8 |
| **Knees**: Inspection, palpation, flexion, extension |  | 4 |  | 4 |
| **Ankles**: Inspection, palpation, dorsiflexion, planter flexion, inversion, eversion |  | 6 |  | 6 |
| **Feet**: Inspection, palpation |  | 2 |  | 2 |
|  Includes Calcaneus, TMTs, MTPs, PIPS, DIPs |  | 5 |  | 5 |
| **Subtotal**  |  **/78** |  **/78** |
| **Total: Student must receive 131 out of 156 to pass this system** |  **/156** |

| **Head and Neck Exam** | **D** | **A** |
| --- | --- | --- |
| **Head** |  |  |  |  |
| Shape, scalp |  | 2 |  | 2 |
| **Eyes** |  |  |  |  |
| Symmetry, conjunctive, sclera, lacrimal apparatus, fundoscopic exam |  | 5 |  | 5 |
| **Ears** |  |  |  |  |
| **External ear** – Inspect and palpate |  | 2 |  | 2 |
| **Otoscope exam**: Inspect canal. Inspect TM: color, contour, landmarks) |  | 4 |  | 4 |
| **Nose** |  |  |  |  |
| Inspect: turbinates, mucosa, septum |  | 3 |  | 3 |
| **Sinuses** |  |  |  |  |
| Inspect and palpate: Frontal, Maxillary and Paranasal |  | 3 |  | 3 |
| **Mouth and Pharynx** |  |  |  |  |
| Inspect: buccal mucosa, gingiva, teeth/dentures, palate, tonsils, tongue, pharynx |  | 6 |  | 6 |
| **Neck** |  |  |  |  |
| **Lymph nodes** – Inspect and palpate |  |  |  |  |
| Pre-auricular / post-auricular |  | 2 |  | 2 |
| Occipital |  | 1 |  | 1 |
| Tonsillar |  | 1 |  | 1 |
| Cervical (anterior, posterior, deep chain) |  | 3 |  | 3 |
| Submandibular |  | 1 |  | 1 |
| Submental |  | 1 |  | 1 |
| Supraclavicular |  | 1 |  | 1 |
| Infraclavicular |  | 1 |  | 1 |
| Trachea – Inspect and palpate |  | 1 |  | 1 |
| Thyroid gland – Inspect and palpate |  | 1 |  | 1 |
| **Subtotal** |  **/38** |  **/38** |
| **Total: Student must receive 64 out of 76 to pass this system** |  **/76** |

| **Neurological system** | **D** | **A** |
| --- | --- | --- |
| **Cranial Nerves (Articulation of # and name – ½ point each)** |  |  |  |  |
| I – **Olfactory**: Smell |  | 1 |  | 1 |
| II – **Optic**: Visual acuity (Snellen), visual fields (confrontation) |  | 2 |  | 2 |
| III – **Oculomotor**: EOMs, PERRLA |  | 7 |  | 7 |
| IV – **Trochlear**: EOMs |  | 1 |  | 1 |
| V – **Trigeminal**: Corneal reflex (verbalize only), facial sensation- 3 branches, temporal muscle strength, masseter muscle strength |  | 4 |  | 4 |
| VI – **Abducens**: EOMs |  | 1 |  | 1 |
| VII – **Facial**: Facial movements, taste (articulate only) |  | 2 |  | 2 |
| VIII – **Acoustic and Vestibular branches:** Whisper test, Weber, Rinne, Balance |  | 4 |  | 4 |
| IX – **Glossopharyngeal**: Swallow, gag reflex, rise of soft palate on "ah", taste |  | 4 |  | 4 |
| X – **Vagus**: Swallowing, talking |  | 2 |  | 2 |
| XI – **Spinal Accessory**: Trapezius strength, sternocleidomastoid strength |  | 2 |  | 2 |
| XII – **Hypoglossal**: Tongue movement, strength, position, articulation of words |  | 4 |  | 4 |
| **Muscle Strength/Tone/Bulk (**Grade 0-5 and compare bilaterally) |  |  |  |  |
|  Biceps, triceps, deltoid |  | 3 |  | 3 |
|  Quadriceps, hamstrings |  | 2 |  | 2 |
| **Coordination, Balance** |  |  |  |  |
| Rapid alternating movements |  | 1 |  | 1 |
| Pronator drift |  | 1 |  | 1 |
| Romberg |  | 1 |  | 1 |
| Gait: Heel-to-toe, walk on toes/ heels, shallow knee bend |  | 3 |  | 3 |
| **Sensory Exam** |  |  |  |  |
|  Sharp and soft touch (multiple places) |  | 2 |  | 2 |
|  Peripheral (stocking/glove) versus dermatome |  | 2 |  | 2 |
| **Reflexes** (Grade 0-4 and compare bilaterally) |  |  |  |  |
|  Biceps |  | 1 |  | 1 |
|  Triceps |  | 1 |  | 1 |
|  Brachioradialis |  | 1 |  | 1 |
|  Patellar |  | 1 |  | 1 |
|  Achilles |  | 1 |  | 1 |
|  Clonus (if hyperreflexia present) |  | 1 |  | 1 |
|  Babinski |  | 1 |  | 1 |
| **Subtotal:** |  **/56** |  **/56** |
| **Total: Student must receive 94 out of 112 to pass this system** | **/112** |

| **Cardiopulmonary Assessment** | **D** | **A** |
| --- | --- | --- |
| **Inspection: Cardiac**- Lifts, abnormal pulsations |  | 1 |  | 1 |
| **Inspection: Pulmonary/thorax** |  | 1 |  | 1 |
| **Auscultation of Heart sounds** (With diaphragm and bell) |  | 2 |  | 2 |
| **S1** - 4th ICS, LSB (tricuspid) - 5th ICS, MCL (mitral) |  | 2 |  | 2 |
| **S2** - 2nd ICS, RSB (aortic) - 2nd ICS LSB (pulmonic) |  | 2 |  | 2 |
| Murmurs (location and timing in cardiac cycle) |  | 1 |  | 1 |
| Carotid bruits (With bell) |  | 1 |  | 1 |
| **Auscultation** of lungs Anteriorly and Posteriorly |  | 2 |  | 2 |
| **Percussion** of lungs Anteriorly and Posteriorly |  | 2 |  | 2 |
| **Palpation** of Anterior and Posterior chest |  | 2 |  | 2 |
| Chest Expansion / Excursion |  | 1 |  | 1 |
| **Palpate pulses: Grade and compare bilaterally** |  |  |  |  |
|  Carotid, brachial, radial, popliteal, posterior tibial, dorsalis pedis |  | 6 |  | 6 |
| **Subtotal** |  **/23** |  **/23** |
| **Total: Student must receive 39 out of 46 to pass this system** |  **/46** |

| **Abdominal Exam** | **D** | **A** |
| --- | --- | --- |
| Completes abdominal exam in correct sequence (inspect, auscultate, percuss, palpate) |  | 4 |  | 4 |
| **Inspection** |  |  |  |  |
| Skin, shape, contour, masses |  | 4 |  | 4 |
| Hernias |  | 1 |  | 1 |
| **Auscultation** |  |  |  |  |
| Bowel sounds all quadrants |  | 1 |  | 1 |
|  **Bruits**- Auscultate with bell |  |  |  |  |
|  Aortic |  | 1 |  | 1 |
|  Renal |  | 1 |  | 1 |
|  Iliac  |  | 1 |  | 1 |
| **Percussion** |  |  |  |  |
| General - Tympany versus dullness |  | 1 |  | 1 |
| Liver  |  | 1 |  | 1 |
| Spleen |  | 1 |  | 1 |
| CVA tenderness |  | 1 |  | 1 |
| **Palpation** |  |  |  |  |
|  Light  |  | 1 |  | 1 |
|  Deep |  | 1 |  | 1 |
|  Rebound Tenderness |  | 1 |  | 1 |
| Liver  |  | 1 |  | 1 |
| Spleen |  | 1 |  | 1 |
| Kidneys |  | 1 |  | 1 |
| McBurney’s Point – Describe location and explain significance |  | 2 |  | 2 |
| Murphy’s Sign – Describe and explain significance |  | 2 |  | 2 |
| **Subtotal** |  **/27** |  **/27** |
| **Total: Student must receive 45 out of 54 to pass this system** |  **/54** |

| **General** | **D** |  |
| --- | --- | --- |
| Introduces Self |  | 1 |  |  |
| Hand Hygiene |  | 1 |  |  |
| General Inspection (dress, hygiene, build, mannerisms, distress) |  | 1 |  |  |
| **Total: Student must receive 3 out of 3 to pass this system** |  **/3** |

**Comments**

|  |
| --- |
| PASS / FAIL |

Faculty printed name

Faculty signature Date

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_