

Cardiovascular System Student Checklist

| CARDIOVASCULAR SYSTEM | |
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| Note: Carotid artery palpation and auscultation may be done here or with Head & Neck. Findings are to be described in relation to the cardiac cycle | |
| NECK VESSELS | |
| Assessment | Knowledge Indicators – verbalizes and demonstrates |
| <ul style="list-style-type: none"> Inspects jugular veins and jugular venous pressure (JVP) client supine at 30° with head turned slightly away adjusts bed elevation as needed to visualize pulsations tangential lighting | Identifies the names & landmarks for: <ul style="list-style-type: none"> external jugular veins internal jugular pulsations carotid arteries Notes amplitude and timing of jugular venous pulsations |
| Inspect and palpate carotid pulse <ul style="list-style-type: none"> carotid arteries one at a time client supine at 30° with head turned slightly away adjusts bed elevation as needed to visualize pulsations Auscultate carotid arteries <ul style="list-style-type: none"> using both diaphragm and bell | Describes pulse: <ul style="list-style-type: none"> in relation to cardiac cycle amplitude contour: carotid upstroke in relation to S1 and S2 presence of thrills Notes presence of bruits and explains clinical significance of bruit |
| THE HEART | |
| Assessment | Knowledge Indicators – verbalizes and demonstrates |
| Blood Pressure and Heart Rate | <ul style="list-style-type: none"> States findings noting abnormalities |
| Inspect anterior chest <ul style="list-style-type: none"> client supine with head at 30° tangential lighting | Notes: <ul style="list-style-type: none"> condition of skin visible pulsations/heaves |
| Palpate : <ul style="list-style-type: none"> client supine with head elevated 30° general palpation of chest wall Apical impulse (or PMI) in left lateral decubitus position (if required) | <ul style="list-style-type: none"> note presence of any heaves, lifts, thrills in relation to cardiac examination sites Palpates PMI rationale of client position location, diameter amplitude, duration |
| Auscultate <ul style="list-style-type: none"> Systematic pattern Normal heart sounds in 5 locations with diaphragm while client supine: <ul style="list-style-type: none"> Right 2nd interspace (aortic) Left 2nd interspace (pulmonic) Left 4th interspace (tricuspid) Apex (mitral) | Identifies: <ul style="list-style-type: none"> Rate & rhythm, intensity of S1 and S2 in relation to auscultation of apex and base Relation of S1 S2 to: <ul style="list-style-type: none"> Carotid pulsations systole/diastole Notes abnormalities: <ul style="list-style-type: none"> presence of cardiac bruits presence of extra heart sounds & significance Notes presence of any murmurs |

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| <ul style="list-style-type: none"> • Auscultate apex with bell while client in left lateral decubitus position • Auscultate left sternal border and apex with diaphragm with client sitting, leaning forward after full exhalation | <ul style="list-style-type: none"> • States rationale for client position changes |
| PERIPHERAL VASCULAR | |
| Assessment | Knowledge Indicators – verbalizes and demonstrates |
| ARMS | |
| Inspect and palpate bilaterally <ul style="list-style-type: none"> • Skin • Fingertips to shoulders | States: <ul style="list-style-type: none"> • Skin and nails: color, temperature, texture • Size & symmetry of arms • Venous pattern |
| Palpate radial pulses | <ul style="list-style-type: none"> • Names pulse • Describe rate & rhythm • Grade amplitude |
| Palpate brachial pulses | <ul style="list-style-type: none"> • Names pulse • Grade amplitude |
| Palpate epitrochlear nodes bilaterally <ul style="list-style-type: none"> • Positioning of arm at 90° | <ul style="list-style-type: none"> • Name nodes • Note characteristics if nodes palpable |
| LEGS | |
| Inspect and palpate bilaterally while supine <ul style="list-style-type: none"> • Positioning, draping • Skin • Feet to groin/buttocks | States: <ul style="list-style-type: none"> • Skin and nails: color, temperature, texture, pigmentation, ulcers, scars • Size & symmetry of legs • Venous pattern • Describes & grades edema if present • Bilateral comparison |
| Palpate superficial inguinal nodes bilaterally | <ul style="list-style-type: none"> • Horizontal & vertical groups • Compares bilaterally • Notes characteristics if nodes palpable |
| Palpate pulses on legs bilaterally | Names each pulse palpated: <ul style="list-style-type: none"> • Femoral • Popliteal • Dorsalis pedis • Posterior tibial • Grades amplitude |