

CARDIOVASCULAR SYSTEM EXAMINATION

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| 1. Visual survey | Breathlessness Cyanosis Pallor Malar flush (mitral stenosis) Presence of thoracic scars Ankle oedema Hands- clubbing, splinter haemorrhages |
| 2. Pulse | Rate and rhythm |
| 3. Collapsing pulse | Aortic valve disease? |
| 4. Radio-femoral delay | Coarctation of the aorta? |
| 5. Brachial and carotid pulse comparison | Slow rising pulse? |
| 6. JVP assessment | In centimetres, vertically above the sternal angle |
| 7. Apex beat | Localisation and strength: Heaving – outflow obstruction? |
| 8. Tapping impulse at lower left sternal edge Thrills in mitral area? | Mitral stenosis? Mitral valve disease? |
| 9. Parasternal heave assessment <i>Apply gentle sustained pressure RV area</i> | Right ventricular hypertrophy? |
| 10. Palpate pulmonary area Palpate aortic area | Palpable 2 nd sound = pulmonary hypertension Thrill = aortic stenosis |
| 11. Auscultation <i>Remember:</i> <i>Where to listen for all common murmurs!</i> | Time 1 st heart sound with carotid pulse <i>Remember:</i> Left side for mitral diastolic murmurs Lean forwards and expire for aortic incomp |
| 12. Sacral odema? | |
| 13. Lung bases | Inspiratory crackles of LVF? |
| 14. Palpation of liver | If you suspect tricuspid disease |