

Diagnostic Maneuvers You May Have Missed in Nursing School

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1. Pulmonary

- Pleural Rub

Causes: pleuritis, PE

Technique: listen for this **before** general rest of pulmonary auscultation

- Tactile Fremitus (a.k.a. Vocal Fremitus or “99”)

Causes:

- Egophony (a.k.a. “E-to-A” changes)

Causes:

2. GI/Abdomen

- Sequencing of auscultation and palpation

- Auscultate all 4 quadrants or just 1?

- Rebound tenderness

3. Vital Signs

- Assessing Pupillary Response without a Flashlight

- Simplifying Orthostatic Measurements

Criteria for abnormal:

Tip 1:

Tip 2:

- What are Normal BP and Pulse?

Take-home message: In a patient who

•has symptoms or

•is being monitored closely: _____

- Pulse Pressure

What is it?

One definition of normal:

Practice case #1: 138/60

What does pulse pressure tell us?

If low, can indicate _____, Also cardiac tamponade, shock, CHF, A-V stenosis.

- Hypovolemia - Putting it all together

Homework Assignment

1.

2.

- Pulsus Paradoxus (a.k.a. Paradoxical Pulse)

Practice: Record BP sounds you hear: Practice 1 ____/____/____ Pulsus Paradoxus = ____mm

Practice 2 ____/____/____ Pulsus Paradoxus = ____mm

4. Orthopedics

- Differentiating fracture from soft tissue injury
- Ottawa Rules for knee, ankle, and foot fracture: see Supplemental Hand Out and <https://www.youtube.com/watch?v=ngeiZmyADB0>, beginning at minute 6

5. Miscellaneous

- Your body rules!



My distal thumb phalanx length/ index finger width= _____ cm.

(circle one)

My "Loser L"= _____ cm.

- Proper Marking of Cellulitis
- Proper Measurement of Calf Circumference
- Painless Injections using Vibration and Pressure
- Lymph nodes....the rest of them (also see diagram in Supplemental Hand Out)
 - Epitrochlear,
 - Head and Neck "?" + "Δ"
 - Sr. Mary Joseph

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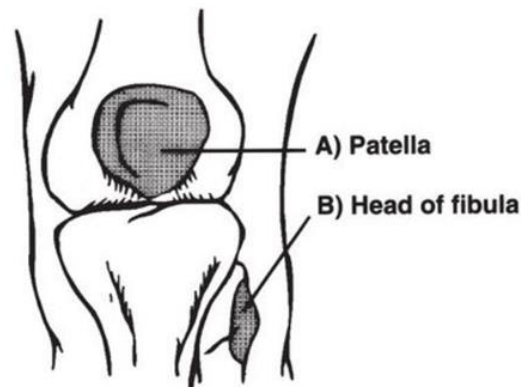
Supplemental Hand Out

Orthopedics: Ottawa Rules for knee, ankle, and foot fracture (see also <https://www.youtube.com/watch?v=ngeiZmyADB0>, beginning at minute 6)

- Ottawa Knee Rule.

Order x-ray for acute knee injury if *any* of these:

- Age 55 or older or
- Isolated tenderness of patella (no bone tenderness of knee other than patella) or
- Tenderness of head of fibula or
- Inability to flex to 90 degrees or
- Inability to bear weight for 4 steps, both immediately AND in ER

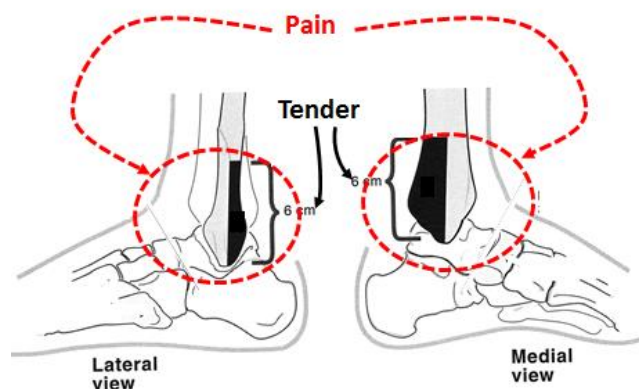


- Ottawa Ankle Rule.

Order x-ray for acute ankle injury if:

Pain in malleolar region + *any* of these:

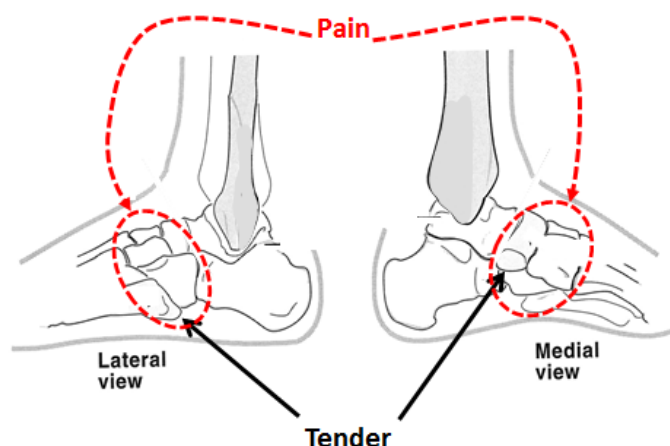
- Tender posterior edge of fibula (distal 6 cm) or
- Tender posterior edge of tibia (distal 6 cm) or
- Inability to bear weight for 4 steps, both immediately AND in ER



- Ottawa Foot Rule. X-ray if

Pain in midfoot region + any of:

- Tender base of 5th metatarsal (lateral foot) or
- Tender navicular bone (medial foot) or
- Inability to bear weight for 4 steps, both immediately AND in ER



Miscellaneous: Head and Neck Lymph Nodes

