

PN-AAT-053

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SUPERVISOR'S LOG

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Rural Health Development Project,
Ministry of Health and Social Welfare,
Maseru, Lesotho.

Dear Supervisor,

The following Performance Checklists are to be used to assist you in evaluating the nurse clinician's mastery of the physical examination procedures which have been identified in the modules.

The nurse clinicians have been doing the following during classes in Maseru:

1. Working at perfecting their techniques of examination by practicing with other students.
2. During the clinical practice time provided each week, the students practice the skills applicable to the subject being taught.
3. They have fellow students observe and evaluate their performance.
4. Training staff members observe and rate their performance.
5. If the performance is unacceptable, a trainer gives specific comments on how to improve.

When the nurse clinicians come to you to gain further clinical experience, they have been advised to do the following:

1. Work at perfecting their technique of examination by practicing on assigned patients.
2. During the clinical experience weeks, the students are to practice the skills applicable to the subjects that had just been taught.
3. When the students feel they are ready, they will ask you to observe and rate their performance doing five separate system specific physical exams.
4. If the performance is unacceptable, you as the Supervisor, should give specific comments on how to improve.
5. The student will then practice until she again thinks she is ready for evaluation.

The following checklists will give you a guide on what to expect and how to evaluate student performance. Please make your evaluations and comments in the Student Log which each student will bring with her.

Training staff members will be present at least once during each week that you have students on clinical practice rotation. Please give us your comments and suggestions on the programme and on the students you are supervising.

Your time and efforts in helping to train nurse clinicians are greatly appreciated.

NURSE CLINICIAN TRAINING STAFF

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ABDOMINAL EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing abdominal examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Ask the patient to empty bladder before examination			
3. Expose the abdomen adequately			
4. <u>Inspect</u> abdomen at a tangent for scars, veins, peristalsis, symmetry			
5. Ask patient about pain before palpation.			
6. <u>Palpate</u> abdomen in all four quadrants lightly for tenderness, rebound tenderness and guarding			
7. <u>Palpate</u> the following organs for tenderness, enlargement, or distention:			
-liver			
-spleen			
-bladder			
-kidneys			
8. Watch the patient's facial expression while palpating			
9. <u>Percuss</u> abdomen for shifting dullness			
10. <u>Auscultate</u> for bowel sounds			
11. Indicates that she ought to examine the genitals & do a rectal/vaginal examination			
12. Did the nurse clinician make the patient as comfortable as possible during the examination?			

MALE RECTAL EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing male rectal examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. The area for examination is exposed with the patient standing & bending forward at the hips with the upper body resting across the examining table			
3. <u>Inspect</u> the external rectal area for the following:			
-colour			
-lesions			
-growths			
4. Lubricate the forefinger of the gloved hand			
5. Steadily press the gloved forefinger against the anus & ask the patient to relax			
6. Insert the finger into the rectum			
7. Rotate the finger around the rectal wall checking for masses			
8. <u>Palpate</u> the prostate for:			
-consistency			
-shape			
9. Did the nurse clinician make the patient as comfortable as possible during the examination?			

MALE GENITALIA EXAMINATION

PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing male genitalia examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination.			
2. Expose the area.			
3. <u>Inspect</u> the following:			
- scrotum			
- glans penis			
- shaft of penis			
4. <u>Palpate</u> the scrotum & contents			
5. Check bilateral inguinal rings for hernias.			
6. <u>Palpate</u> the lower abdomen for bladder tenderness and size.			
7. <u>Percuss</u> the loin for deep kidney pain.			
8. Did the nurse clinician make the patient as comfortable as possible during the examination,			

HEART PHYSICAL EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing heart physical examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Expose the area			
3. <u>Inspect</u> the precordium for bulges and pulsations			
4. Ask patient about pain before palpation			
5. <u>Palpate</u> the precordium for P.M.I.			
6. <u>Palpate</u> the left anterior chest for vibrations			
7. <u>Auscultate</u> over the following areas for murmurs and rubs:			
-mitral			
-tricuspid			
-aortic			
-pulmonic			
-left para-sternal border			
8. Did the nurse clinician make the patient as comfortable as possible during the examination?			

PERIPHERAL VASCULAR AND EXTREMITIES PHYSICAL EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing peripheral vascular physical examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Expose the area			
3. Time the pulse rate			
4. <u>Palpate</u> & compare right & left pulse of the following:			
-carotid			
-brachial			
-radial			
-femoral			
-popliteal			
-dorsalis pedis			
5. <u>Palpate</u> & compare right femoral pulse with right radial pulse			
6. <u>Inspect</u> the legs for varicosities			
7. <u>Palpate</u> temperature of extremities			
8. <u>Palpate</u> lower extremities for pitting oedema			
9. <u>Palpate</u> sacrum for pitting oedema			
10. With patient at 45° angle observe for neck pain distention			
11. Did the nurse clinician make the patient as comfortable as possible during the examination?			

RESPIRATORY PHYSICAL EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing respiratory physical examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Expose area to be examined			
3. <u>Inspect</u> the following for movement during respiration (rate & rhythm of breathing):			
-anterior chest			
-posterior chest			
-lateral aspect			
4. Ask patient about pain before palpation			
5. <u>Palpate</u> the following for tenderness, swelling crepitations:			
-anterior chest			
-posterior chest			
-lateral aspect			
6. <u>Palpate</u> the position of trachea			
7. Check for expansion of chest			
8. <u>Percuss</u> the following for dullness, hypertympany:			
-anterior chest			
-posterior chest			
-lateral aspect			

Respiratory Physical Examination (cont'd)

	YES	NO	COMMENTS
9. <u>Auscultate</u> the following for rales, wheezing, ronchi, friction rub: -anterior chest			
-posterior chest			
-lateral aspect			
10. Ask patient to breathe deep and fast during auscultation			
11. Did the nurse clinician make the patient as comfortable as possible during the examination?			

PRENATAL PHYSICAL EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing prenatal physical examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination.			
2. Ask the woman to empty her bladder.			
3. Weigh the patient.			
4. Obtain blood pressure.			
5. Position and drape the woman for examination.			
6. Correctly determine fetal position.			
7. Establish presence and rate of fetal heart beat.			
8. Determine adequacy of pelvis for normal vaginal delivery.			
9. Observe for the following:			
- twins			
- excess fluid in the abdomen			
- oedema			
10. Did the nurse clinician make the patient as comfortable as possible during the examination?			

EVALUATION OF PELVIC SIZE

PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing evaluation of pelvic size.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination.			
2. Ask the patient to empty her bladder.			
3. Position & drape the patient for a pelvic examination.			
4. Measure the A-P diameter.			
5. <u>Palpate</u> the ischial spines.			
6. Estimate the curve of the sacrum.			
7. Evaluate the sacro-sciatic notch.			
8. Assess the angle of the pubic arch.			
9. Wear sterile, lubricated gloves throughout the examination.			
10. Did the nurse clinician make the patient as comfortable as possible during the examination?			

ABDOMINAL EXAMINATION: OF A PREGNANT WOMAN AT TERM
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing abdominal examination of a pregnant woman at term.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination.			
2. Ask the woman to empty her bladder.			
3. Position and drape the woman for examination.			
4. Observe the abdomen to estimate the shape of the uterus.			
5. <u>Palpate</u> the uterus and note -			
- lie			
- presentation			
- attitude			
- position			
6. Listen to the foetal heart.			
7. Describe the lie, attitude, presentation and position of the foetus.			
8. Did the nurse clinician make the patient as comfortable as possible during the examination?			

PELVIC EXAMINATION OF A PREGNANT WOMAN AT TERM
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing pelvic examination of a pregnant woman at term.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Position and drape the woman for examination			
3. Wash the woman's thighs and vulva			
4. Wash hands and put on sterile gloves			
5. Swab the vulva with anti-septic solution			
6. <u>Palpate</u> & assess the condition of vagina & cervix			
7. <u>Palpate</u> & assess the condition of the membranes			
8. <u>Palpate</u> & assess the level of presentation			
9. <u>Palpate</u> & assess the degree of molding			
10. Record findings on the chart			
11. Did the nurse clinician make the patient as comfortable as possible during the examination?			

NORMAL DELIVERY
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing normal delivery.

	YES	NO	COMMENTS
Did the Nurse Clinician: 1. Dress in clean & protective clothing?			
2. Position the woman appropriately?			
3. Wash the woman's pubic area, thighs and buttocks?			
4. Scrub her hands?			
5. Catheterize patient if she was unable to void & her bladder is palpable?			
6. Manage crowning?			
7. Manage extension?			
8. Determine whether the cord was around the baby's neck?			
9. Manoeuvre the cord appropriately?			
10. Clear baby's airway?			
11. Communicate with mother during delivery process?			
12. Place the baby on mother's abdomen?			
13. Inject Pitocin after delivery of baby?			
14. Make Apgar assessment?			
15. Correctly clamp & cut the umbilical cord?			
16. Stimulate respiration if needed?			

NORMAL DELIVERY (cont.)

	YES	NO	COMMENTS
<u>17. PUERPERIU.</u>			
<u>First hour:</u>			
Did the Nurse Clinician:			
a. Encourage food/drink?			
b. Take temperature, pulse, B/P?			
c. Check colour?			
d. Check uterus?			
e. Check for bleeding?			
f. Check bladder?			
g. Monitor baby?			
<u>After First Hour:</u>			
Did the Nurse Clinician:			
a. Check uterus?			
b. Check lochia?			
c. Check lactation?			

EPISIOTOMY
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing episiotomy.

	YES	NO	COMMENTS
Did the Nurse Clinician:			
1. Observe aseptic precautions?			
2. Perineal infiltration with 5 cc 1% Procaine if indicated			
-check for blood return in syringe?			
-protect baby's head?			
3. Make incision			
-with straight Mayo scissors?			
-with fingers inserted to protect baby's head & guide scissors?			
-with one snip?			
-of appropriate length?			
4. Make repair as soon as possible after delivery?			
5. Insert vaginal tampon?			
6. Inspect anal sphincter for injury?			
7. If anus was torn, repair by means of figure of 8 sutures, using O-plain gut on a round needle? (REFERRAL/CONSULT if possible)			
8. Place the first stitch of the episiotomy repair above the apex of the vaginal wound, tie, & continue with stitches, 8-10 mm apart, to the junction with the vulva skin?			
9. Press down the rectum through the vagina to prevent rectal injury?			

EPISIOTOMY (cont.)

	YES	NO	COMMENTS
10. Close deep tissue with 0-pain gut on a round needle?			
11. Appose skin & subcutaneous tissues with stitches 5 mm from the edges of the incision? Use 1-pain suture on a cutting needle?			
12. Perform rectal exam to rule out stitches placed too deeply?			
13. Remove vaginal tampon?			

NEWBORN EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing newborn examination.

	YES	NO	COMMENTS
Did the Nurse Clinician:			
1. Take care to keep baby warm during the examination?			
2. Ensure an open air passage?			
3. Do a complete initial assessment (APGAR scoring) by assessing and scoring?			
-breathing			
-skin colour			
-heart			
-muscle tone and movement			
-response			
4. Make APGAR assessment at 1 & 5 minutes?			
5. Do a complete newborn examination including:			
a. Check vital signs: temperature, weight, head circumference, length?			
b. Palpate chest; respirations, heart rate? Observe chest?			
c. Palpate femoral arteries?			
d. Palpate abdomen?			
e. Examine cord?			
f. Perform neuro check: rooting, moro, cry?			
g. Palpate head: fontanelles?			
h. Palpate neck & clavicles?			
i. Rotate head & extend laterally?			

NEWBORN EXAMINATION (cont.)

	YES	NO	COMMENTS
j. <u>Inspect</u> eyes? Observe ears; location, size and shape? Test hearing?			
k. <u>Inspect</u> nose?			
l. <u>Inspect</u> mouth; palate, tongue?			
m. Check urination & stool?			
-male retract foreskin on penis?			
-female inspect vaginal mucosa?			
n. Observe arms and legs?			
-check hips?			
-count fingers/toes?			
-check spine?			

POST NATAL PHYSICAL EXAMINATION

PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing post natal physical examination.

	YES	NO	COMMENTS
Did the Nurse Clinician: 1. Tell the patient about the examination?			
2. Ask the patient to empty bladder before examination?			
3. Observe for signs of breathlessness, oedema, and anaemia?			
4. Take & record the blood pressure?			
5. Examine the breasts?			
6. Examine the chest?			
7. Examine the abdomen & determine height and consistency of the uterus?			
8. Examine the vulva and note any normal lechia, discharge, odour or tears?			
9. Perform a routine physical examination of the child according to instructions given in Child Care Module?			
10. Give advice on breast feeding?			
11. If not previously done, did nurse clinician give BCG vaccination to child?			
12. Encourage mother to bring child to MCH clinics?			

PELVIC EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing pelvic examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Ask patient to empty bladder before examination			
3. Expose the area			
4. Position the patient			
5. Provide adequate light			
6. Inspect the vulva			
7. Pass the speculum			
8. Visualise the cervix properly			
9. Withdraw the speculum with the blades closed			
10. Examine the speculum for any discharge			
11. <u>Palpate</u> the labia			
12. Perform a bimanual examination.			
13. Did the nurse clinician make the patient as comfortable as possible during the examination?			

BREAST EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing breast examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination.			
2. Expose the area			
3. <u>Inspect</u> breast while patient is seated for colour, size, shape, puckering, dimpling: -with arms to the sides			
-with arms on the hip			
-with arms raised			
4. <u>Palpate</u> supra-clavicular and axillary lymph nodes while patient is seated			
5. Ask patient if there is any pain or lump in breast			
6. <u>Palpate</u> breast tissue while patient is lying down for tenderness and masses in all quadrants around the clock			
7. <u>Palpate</u> areola, nipple			
8. Did the nurse clinician make the patient as comfortable as possible during the examination?			

MUSCULO SKELETAL EXAMINATION

PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing musculo skeletal examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Examine the following joints by:			
- <u>inspecting</u> for range of motion, redness, swelling, deformity and muscle wasting			
- <u>palpating</u> during movement for tenderness & crepitations			
a. Temporo mandibular joint -Ask the patient to open and close mouth			
b. Cervical spine -flexion -extension -rotation -lateral bending			
c. Shoulders -adduction -abduction -circumduction -internal rotation (place hands behind small of back) -external rotation (place hands behind neck)			
d. Elbows -flexion -extension -supination of forearm			
d. Wrists -flexion -extension -circumduction			

MUSCULO SKELETAL EXAMINATION (continued)

	YES	NO	COMMENTS
f. Hands -spread fingers apart -make fist with thumb across knuckles			
g. Hips -flexion -extension -abduction -adduction -rotation			
h. Knees -flexion -extension -medial movement -lateral movement -ballotment of patella			
i. Ankles -dorsiflexion -plantar flexion -circumduction -inversion -eversion			
j. Foot -flex toes -extend toes -spread toes			
k. Back -observe curvature of spine -flexion (have patient bend forward and touch toes) -extension (bend backwards) -lateral bending (bend sideways) -rotation			
3. Did the nurse clinician make the patient as comfortable as possible during the examination?			

NEUROLOGICAL EXAMINATION

PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing neurological examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. Assess level of consciousness			
3. Ask the patient to speak			
4. Observe the patient walking			
5. Observe the patient walking heel-to-toe			
6. Perform Romberg test			
7. Perform hand-to-nose test			
8. Test muscular strength on both sides: -head -neck -shoulders -upper extremities -lower extremities			
9. Test sensation over the following areas comparing one side to the other: -face -shoulders -upper arms -lower arms -hands (palms, dorsum) -chest -abdomen -thighs -lower legs -foot (dorsum and sole) -toes			

NEUROLOGICAL EXAMINATION (continued)

	YES	NO	COMMENTS
10. Test for stiff neck (meningeal sign)			
11. <u>Inspect</u> and <u>palpate</u> both: -great auricular nerves -ulnar nerves -cutaneous branch of radial nerve at wrist -median nerve -lateral popliteal nerve -posterior tibial nerve			
12. Did the nurse clinician make the patient as comfortable as possible during the examination?			

DENTAL EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing dental examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
2. <u>Inspects</u> lips for colour, lesions, scars.			
3. <u>Inspects</u> mucosa for colour, lesions.			
4. <u>Inspects</u> gums for colour, lesions, swelling, bleeding.			
5. <u>Inspects</u> tongue for colour, lesions.			
6. <u>Inspects</u> teeth for:			
a. number (any teeth missing or have not erupted)			
b. bite (do teeth fit together properly)			
c. chipped or broken teeth			
d. dental decay			
e. tartar at base of teeth and between teeth			
7. <u>Palpate</u> interior of mouth for nodules:			
- cheek			
- gums			
- hard palate			
- sublingual area			

EENT EXAMINATION
PERFORMANCE CHECKLIST

This checklist will be used by tutors/supervisors when evaluating nurse clinician performance. The student is advised to use them as a guide when practicing EENT examination.

	YES	NO	COMMENTS
During the examination, the nurse clinician should follow this procedure:			
1. Tell the patient about the examination			
<u>EYE</u>			
2. Examine visual acuity and visual fields			
3. <u>Inspect</u> the following:			
-ocular movement			
-eyebrows			
-eyelids			
-conjunctiva/sclera & notes colour			
-cornea			
-lens			
-pupil size, shape & light reflex			
4. <u>Palpates</u> both eyes for intra-ocular pressure			
<u>NOSE</u>			
5. <u>Inspect</u> the nose for deformity			
6. <u>Inspect</u> septum for deviation and discharge			
<u>MOUTH</u>			
7. <u>Inspect</u> lips, mucosa, gums & tongue for lesions, colour, swelling			

EENT Examination (cont'd)

	YES	NO	COMMENTS
<u>THROAT</u>			
8. <u>Inspect</u> throat for size of tonsils, colour, discharge, exudate			
<u>EAR</u>			
9. Test hearing			
10. Ask about pain before pulling on the ear			
11. Pull on the ear to test for pain			
12. <u>Inspect</u> the auditory canal for excessive wax, foreign body, discharge, oedema, inflammation			
13. <u>Inspect</u> tympanic membrane for scars, colour, bulging, fluid on air level, perforation, discharge			
14. <u>Palpate</u> mastoid for pain			
<u>SINUSES</u>			
15. Ask if pain over sinuses before palpating			
16. <u>Palpate</u> maxillary & frontal sinuses for pain			
17. Did the nurse clinician make the patient as comfortable as possible during the examination?			