

## Skills checklist: Proficient and Expert

### HEENT

Skills	Proficient & Expert	Notes
History: Ask onset, location, impact, severity, and transmission questions to clarify if the child might have strep throat.		
Proper use of tongue depressor while completing an oral exam		
Assessment of palate, tonsils and pharynx		
Palpation of cervical lymph nodes		
Assessment of JVD with measurement		
Auscultation of carotids for bruits		
Assessment for meningitis		

### RESP ASSESSMENT

Skills	Proficient & Expert	Notes
Proper placement of stethoscope posterior and anterior		
Proper placement for Full lung exam		
Proper education of patient to breathe that enhances sounds		
Have patient cough to differentiate rales and rhonchi		

Can explain the difference normal and adventitious breath sounds.		
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### CARDIAC ASSESSMENT

Skill	Proficient & Expert	Notes
Assessment of pallor or cyanosis and rationale		
Knows diaphragm for S1S2 and bell for murmur		
Demonstrates proper placement for all 5 locations		
Knows locations and which murmurs to assess for		
Palpates for thrill and point of maximal intensity. Can explain the importance.		
Auscultates Heart sounds. Can identify S1 and S2 and any abnormal murmur		
Can describe a murmur- location, intensity, and radiation.		
Knows technique to determine if abnormal sound is cardiac or respiratory		
Palpates extremities for pulses and edema		
Explains rationale of peripheral edema		

### ABDOMINAL ASSESSMENT

Skill	Proficient & Expert	Notes

Listens to all 4 quadrants and explains normal and abnormal sounds		
Murphy's sign		
Heel Thump		
Psoas Sign		
Correct palpation		
Can identify which quadrants for abdominal organs		
Hepatojugular reflux test		
Can palpate for and describe splenomegaly and hepatomegaly		
Can describe abdominal ascites and techniques for shifting dullness and fluid wave		
Can discuss what are abnormal findings in an abdominal exam		