

Skills Check list

HEENT

Skills	Competent & Safe?	Notes
History: Ask one question to clarify if the child might have strep throat.		
Use of a tongue depressor while completing an oral exam		
Palpation of cervical lymph nodes		
Assessment of JVD		
Assessment for meningitis		

RESP ASSESSMENT

Skills	Competent & safe	Notes
Proper placement of stethoscope posterior and anterior		
Proper placement for RML		
Proper education of patient to breathe that enhances sounds		
Have patient cough to differentiate rales and rhonchi		
Can explain the difference normal and possible abnormal breath sounds- especially for Heart Failure		

CARDIAC ASSESSMENT

Skill	Competent & safe?	Notes
Knows diaphragm for S1S2 and bell for murmur		

Demonstrates proper placement for all 5 locations		
Knows mitral location and lateral deviation for MR and HF.		
Knows technique to determine if abnormal sound is cardiac or respiratory		
Knows if they cannot hear heart sounds well, leaning the patient forward helps		
Can describe a murmur- location, intensity, and radiation.		

ABDOMINAL ASSESSMENT

Skill	Competent & Safe?	Notes
Listens to all 4 quads		
Heel Thump		
Psoas Sign		
Correct palpation		
Hepatojugular reflux test		
Can discuss what are abnormal findings in an abdominal exam		