

PROCEDURE

TITLE: PHYSICAL EXAM, ASSISTING THE PHYSICIAN WITH

PURPOSE: To assist the physician in diagnostic evaluation and to provide as much privacy and comfort for the patient as possible.

SUPPORTIVE DATA: This may be done at the bedside or in an examination room.

EQUIPMENT LIST:

1. Sheet	8. Otoscope
2. Sphygmomanometer	9. Ophthalmoscope
3. Stethoscope	10. Vaginal specula with slider and fixative, if needed
4. Flashlight	11. Lamp, if needed
5. Tongue Depressor	12. Non-sterile gloves
6. Applicator	
7. Percussion Hammer	

CONTENT

PROCEDURE STEPS

KEY POINTS

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| 1. Have the patient void. | Explain what is being done. |
| 2. Place the patient on the exam table or bed. | If the exam is done at the bedside, fan fold covers to the foot of the bed. Avoid the unnecessary exposure of any part of the body. |
| 3. Remove the clothing and place the sheet over the patient with a towel over the chest. | |
| 4. Assist the patient into the desired position for examination. | Remain with the female patient during the exam. Flexion of knees helps to relax abdominal muscles. Expose the patient only when necessary. |
| 5. Drape each area being examined. | |
| 6. Assist the physician as necessary. | Have ready the type of specimen collection means and type of equipment for exam. |
| 7. Return the patient to the room. | |
| 8. Label the specimen(s) , if any, and send to the laboratory. | |
| 9. Rinse contaminated equipment with water. Place the clean equipment in a ziplock bag and place it in the dirty utility room to be taken to Central Supply for appropriate cleaning. | |
| 10. Return the equipment to the proper place. | |
| 11. Leave the room neat. | |
| Notify Environmental Service to clean exam room. | |