

Cardiovascular examination

Examination of the hands

- Check for peripheral cyanosis
- Osler's nodes (0.5-1 cm reddish brown painful subcutaneous papules on finger tips, palmar eminences)
- Clubbing
- Splinter Haemorrhages
- Tremor (thyrotoxicosis)
- Pulse: rate, rhythm, character, radio radial delay. Character best assessed at the carotid

Examination of the arms

- IV injection scars
- Take blood pressure

Examination of the face

- Malar flush
- Pallor (eyes)
- Xanthelasmas (yellow plaques deposited in the periorbital region)
- Corneal arcus (seen in severe hypercholesterolemia)
- Lips (for central cyanosis)
- High arched palate (seen in Marfan's)

Examination of the neck

- Carotid: inspect for carotid pulsations
- Compress one carotid at a time to check for character (fingers behind neck, assess with thumb)
- Check for carotid bruit with bell of stethoscope
- JVP: inspect height with patient at 45 degrees

Chest inspection

- Scars (mitral valvotomy laterally on left breast)
- Deformities
- Visible pulsations
- Apex beat

Chest palpation

- Check for tenderness
- Palpate apex beat for deviation
- Parasternal heave (checked by placing heel of hand to left side of sternum)

Chest auscultation

- Heart sounds and murmurs (in all 4 areas)

Examination of the back

- Sacral oedema

Examination of the abdomen

- Liver palpation
- Splenomegaly (seen in endocarditis)
- Abdominal aortic aneurysm

Examination of the legs

- Peripheral oedema

