



# ALL IN ONE CNS KIT

## CENTRAL NERVOUS SYSTEM CASE SHEET- STROKE

|                           |  |
|---------------------------|--|
| Name                      |  |
| Age                       |  |
| Sex                       |  |
| Occupation                |  |
| Handedness                |  |
| Educational qualification |  |
| Address                   |  |
| Socio - economic status   |  |



CLICK HERE \*

This is an interactive Easy E-Case Sheet. Scan the QR code or click the link below to understand the reasoning behind each CNS history question, how to ask it confidently, and how to correlate it with examination findings. Learn not just what to ask, but why to ask it.

EASY REFLEX

### Chief complaints

H/O inability to use the left/right upper and lower limbs for the past \_\_\_\_ days associated with deviation of the angle of the mouth towards \_\_\_\_ side and drooling of saliva from \_\_\_\_ side.

H/O slurring of speech for the past \_\_\_\_ days.

### H/O Presenting illness

The Patient was apparently normal before \_\_\_\_ days. On the day of the event at around morning 5 am he went to the toilet and returned to bed, then he noticed that he was not able use his and \_\_\_\_ upper and lower limbs which is associated with slurring of speech and deviation of the angle of the mouth to \_\_\_\_ side .

( Explain the history as much as possible including travel, time of reaching the hospital etc) – For more info scan QR or click link below detials.



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## Etiology History

H/O Head ache

H/O Nausea

H/O Vomiting

H/O Epilepsy

H/O Blurring of vision

H/O Fever

H/O Chest pain, palpitation, sweating



**Tap for Explanations**

## Motor History

H/O difficulty in turning side to side

H/O difficulty in head rising

H/O difficulty in getting up from the squatting position

H/O difficulty in gripping the slippers

H/O difficulty in raising hand above head, combing hair

H/O difficulty in buttoning and unbuttoning of shirt



**Tap for Explanations**

## Sensory History

H/O ability to feel Hot and cold water during bath

H/O ability to feel a mosquito or insect bite

H/O any cotton wool sensation in feet

H/O Other sensory disturbances



**Tap for Explanations**

## Cerebellum History

H/O ability to negotiate narrow pathways

H/O ability to bring food to the mouth

H/O swaying to either side on walking



**Tap for Explanations**



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## Cranial Nerve History

H/O loss of sense of smell (I)

H/O visual disturbances (II)

H/O double vision, difficulty in eye movements (III,IV,VI)

H/O sensory loss over the face, difficulty in chewing (V)

H/O hard of hearing, vertigo and tinnitus (VIII)

H/O nasal twang or nasal regurgitation (IX,X)

H/O difficulty in tongue movement (XII)

H/O Ability to turn head from side to side



**Tap for Explanations**

## Autonomic History

H/O bladder and bowel disturbances, impotence, excessive sweating, giddiness on standing up from lying down position

## Past History

H/O previous similar episodes

H/O of TIA

- No of episodes
- Duration of the episodes
- Any visual disturbances
- Recovery period
- Aggravating/relieving factor



**Tap for Explanations**

H/O DM, HT, BA, IHD, CKD

H/O STD

H/O CSOM, recent vaccination for dog bite

H/O recent surgery, bleeding tendencies

H/O trauma

H/O OC pills intake.

## Personal History

H/O Smoking (pack years)

H/O Alcohol (units per week)

H/O Veg or Mixed diet , sleep and adverse sexual habits



**Tap for Explanations**



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## Family History

Any other family members with similar complaints

## Treatment History

Any treatment taken to be noted



Tap for Explanations

## Examination

### General Examination

Built (skeletal framework - Moderately / Well built)

Nourishment (Nutritional framework)

Pallor

Jaundice

Clubbing

Cyanosis

Pedal Edema

Significant lymphadenopathy



### Neurocutaneous markers

Adenoma sebaceum - Tuberous sclerosis

Ash leaf patches - Tuberous sclerosis

Shagreen patches - Tuberous sclerosis

Tuft of hair on the back - Spina bifida

Capillary hemangioma (Port wine stain) - Sturge Weber syndrome

Conjunctival hemangioma (With cerebral hemangioma) - Von Hippel Lindau syndrome

### Markers of TB

Phlyctenular

keratoconjunctivitis

Scar/Sinus in the neck



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Tinea versicolor

Lupus vulgaris

Erythema nodosum

Gynecomastia –INH induced

## Markers of HIV

Oral hairy leukoplakia

Oral candidiasis

Molluscum contagiosum

Herpetic infection(Zoster)

Generalized lymphadenopathy

**We're your seniors and super-seniors – survivors of countless exams, endless stress, and the classic last-minute scramble for missing CNS kit. After years of getting screwed by examiners for examining with fake, low-weight hammers that barely produced a reflex, we decided enough was enough.**

**That's how EasyReflex was born – a medico-led startup crafting precise CNS kits that perform when you need them most. We're here to make sure your exam-ready, stress-free, and confident.**

## Vital Signs

Pulse – Rate

Rhythm

Volume

Character

Felt in all palpable peripheral vessels, any Radio radial delay, Radio femoral delay

Pulse deficit

condition of the vessel wall



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BP (All limbs)

Temperature

JVP

## Examination of the CNS

### Higher Function

Consciousness-(MMSE - Mini mental score examination has to be calculated)

Orientation -

Registration -

Attention -

Recall -

Language -

Final score -

### Rule of 17

$$10^{\text{th}} \text{ nerve} + 7^{\text{th}} \text{ nerve} = 17$$

Uvula  
Deviation

Deviation of the  
angle of the  
mouth

Towards the  
Opposite side of  
nerve lesion

$$12^{\text{th}} \text{ nerve} + 5^{\text{th}} \text{ nerve} = 17$$

Tongue  
Deviation

Jaw  
Deviation

Towards the  
Same side of  
nerve lesion



|   |                                                                                                         |          |          |
|---|---------------------------------------------------------------------------------------------------------|----------|----------|
| 2 | Optic                                                                                                   | Right    | Left     |
|   | Visual acuity                                                                                           | 6/60     | 6/60     |
|   | Field of vision (confrontation method)                                                                  | N N      | N N      |
|   | Color vision (Ishihara plates at least 12 on black paper with a white background as per WHO guidelines) |          |          |
|   | Direct light reflex                                                                                     | Reacting | Reacting |
|   | Consensual light reflex                                                                                 | Reacting | Reacting |

|   |                        | Right                                                                              | Left             |
|---|------------------------|------------------------------------------------------------------------------------|------------------|
| 3 | Oculomotor             |  |                  |
| 4 | Trochlear              |                                                                                    |                  |
| 6 | Abducent               |                                                                                    |                  |
|   | Palpebral Fissure      | N                                                                                  | N                |
|   | Extra ocular movements | N                                                                                  | N                |
|   | Pupil Size             | 4mm in dia meter                                                                   | 4mm in dia meter |
|   | Accommodation          | N                                                                                  | N                |

|   |                          |       |      |
|---|--------------------------|-------|------|
| 5 | Trigeminal               | Right | Left |
|   | Sensory over the face    | N     | N    |
|   | Motor Clenching of mouth | N     | N    |
|   | Reflex                   |       |      |
|   | Corneal                  | N     | N    |
|   | Conjunctival             | N     | N    |
|   | Jaw jerk                 | N     | N    |



|    |                                                                                                                                     |                                                                                                                                       |                 |
|----|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 7  | <b>Facial Nerve</b>                                                                                                                 |                                                                                                                                       |                 |
|    | Motor<br>Wrinkling of fore head<br>Tight closure of eyelid, Blowing of cheeks<br>Nasolabial Fold Mandible Depression<br>Hyperacusis |                                                                                                                                       |                 |
|    | Sensory - Tongue ant.2/3                                                                                                            | Both sides of the tongue are tested individually with salt, sweet, sour and bitter solutions using cotton buds and found to be normal |                 |
|    | Secretomotor                                                                                                                        |                                                                                                                                       |                 |
|    | Salivation                                                                                                                          | N                                                                                                                                     | N               |
|    | Lacrimation                                                                                                                         | N                                                                                                                                     | N               |
| 8  | <b>Vestibulo cochlear</b>                                                                                                           |                                                                                                                                       |                 |
|    | Rinne's Test                                                                                                                        | AC>BC                                                                                                                                 | AC>BC           |
|    | Weber's Test                                                                                                                        | Not Lateralized                                                                                                                       | Not Lateralized |
| 9  | <b>Glossopharyngeal</b>                                                                                                             |                                                                                                                                       |                 |
| 10 | <b>Vagus</b>                                                                                                                        |                                                                                                                                       |                 |
|    | Gag reflex                                                                                                                          | N                                                                                                                                     | N               |
|    | Palatal reflex                                                                                                                      | N                                                                                                                                     | N               |
| 11 | <b>Spinal accessory</b>                                                                                                             | Right                                                                                                                                 | Left            |
|    | Shrugging of shoulder                                                                                                               | N                                                                                                                                     | N               |
|    | Turning of head                                                                                                                     | N                                                                                                                                     | N               |
| 12 | <b>Hypoglossal</b>                                                                                                                  | Right                                                                                                                                 | Left            |
|    | Tongue protrusion                                                                                                                   | N                                                                                                                                     | N               |
|    | Movement against cheek                                                                                                              | N                                                                                                                                     | N               |





# Motor system

| Bulk                                                                                                          | Right | Left |
|---------------------------------------------------------------------------------------------------------------|-------|------|
| <b>Upper limb circumference</b><br><br>10 cm from Acromion<br><br>10cm below olecranon process                |       |      |
| <b>Low limb circumference</b><br><br>18 cm form upper end of patella<br><br>10 cm below the tibial tuberosity |       |      |

## Power

| Shoulder  |     |     |
|-----------|-----|-----|
| Flexion   | 5/5 | 1/5 |
| Extension | 5/5 | 1/5 |
| Abduction | 5/5 | 1/5 |
| Adduction | 5/5 | 1/5 |
| Rotation  | 5/5 | 1/5 |

| Elbow     |     |     |
|-----------|-----|-----|
| Flexion   | 5/5 | 1/5 |
| Extension | 5/5 | 1/5 |

| Wrist      |     |     |
|------------|-----|-----|
| Flexion    | 5/5 | 1/5 |
| Extension  | 5/5 | 1/5 |
| Abduction  | 5/5 | 1/5 |
| Adduction  | 5/5 | 1/5 |
| Supination | 5/5 | 1/5 |
| Pronation  | 5/5 | 1/5 |



### Hip joint

|           |     |     |
|-----------|-----|-----|
| Flexion   | 5/5 | 1/5 |
| Extension | 5/5 | 1/5 |
| Abduction | 5/5 | 1/5 |
| Adduction | 5/5 | 1/5 |
| Rotation  | 5/5 | 1/5 |

### Knee joint

|           |     |     |
|-----------|-----|-----|
| Flexion   | 5/5 | 1/5 |
| Extension | 5/5 | 1/5 |

### Ankle joint

|                 |     |     |
|-----------------|-----|-----|
| Dorsiflexion    | 5/5 | 1/5 |
| Plantar flexion | 5/5 | 1/5 |

## Co-ordination

|                         |                                                                                    |  |
|-------------------------|------------------------------------------------------------------------------------|--|
| Finger nose test        |  |  |
| Finger finger nose test |                                                                                    |  |
| Dysdiadochokinesia      |                                                                                    |  |
| Rebound                 |                                                                                    |  |
| phenomenon Tandem       |                                                                                    |  |
| walking Heel shin test  |                                                                                    |  |

Others - Tapping in circle, Archimedes spiral, macrographia etc

**Gait** - Circumduction Gait (Adducted shoulder, Flexed elbow, Flexed and semi pronated wrist, Flexion at MP joints, Extension at IP joints)

**Involuntary movements - NiL**



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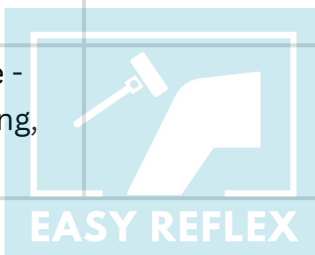


## Reflex

| Deep tendon reflex | Right | left |
|--------------------|-------|------|
| Biceps reflex      |       |      |
| Triceps reflex     |       |      |
| Supinator reflex   |       |      |
| Knee reflex        |       |      |
| Ankle reflex       |       |      |

Along with these reflexes, don't forget **easyreflex** also!

| Superficial reflex                                                                      | Right | left |
|-----------------------------------------------------------------------------------------|-------|------|
| Abdominal reflex                                                                        |       |      |
| Cremasteric reflex                                                                      |       |      |
| Plantar reflex                                                                          |       |      |
| Other tests for plantar equivalence - Oppenheim, Chaddock, Gordon, Bing, chauffeur etc. |       |      |



## Sensory system

|                            |  |  |
|----------------------------|--|--|
| Pain                       |  |  |
| Temperature                |  |  |
| Vibration                  |  |  |
| Joint position             |  |  |
| Sense of movement of joint |  |  |

| Cortical sensations    | Right | Left |
|------------------------|-------|------|
| 2 point discrimination |       |      |
| Stereognosis           |       |      |
| Graphesthesia          |       |      |
| Tactile localization   |       |      |



### Signs of Meningeal irritation

Neck rigidity

Kernig's sign

Brudzinkis sign

### Tests for autonomic nervous system

Orthostatic hypotension

### Other system examination

CVS

RS

ABDOMEN

## Diagnosis

A Case of Acute Left/ Right sided Hemiplegia/Hemiparesis Probably due to Haemorrhagic/ Ischemic or Embolic Etiology



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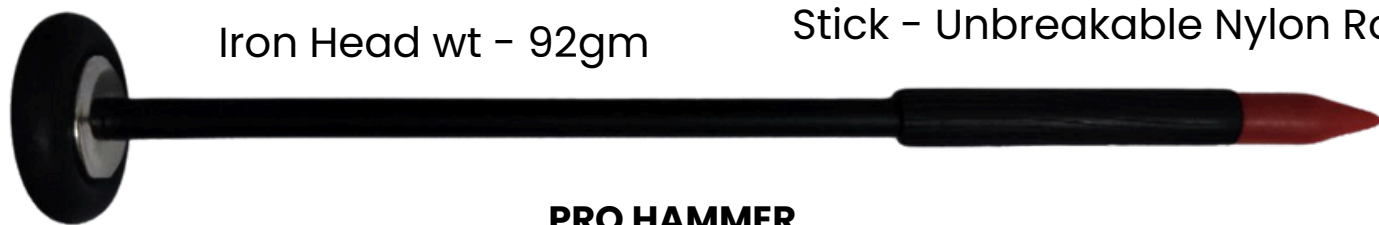
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Rubber  
O'ring

Iron Head wt - 92gm

Stick - Unbreakable Nylon Rod



### PRO HAMMER

Easy reflex offers best in class 130 gm reflex hammers at affordable cost. Don't fall prey for fake low head-weight reflex hammers.



Knee Hammer



Tuning Forks



Ishihara Plates



Taste Pack

#### 4 Synthetic Tastes

1. Sugar (tip of tongue)
2. Salt (side of tongue)
3. Sour (side of tongue behind salt)
4. Bitter (back of tongue)

\* With tongue holding gauze.  
\* Buds for application.  
\* Tastes last for more than a year.



Snellen's  
Chart



Swab Stick



Cotton  
+ Toothpick



Glass Tubes  
with  
Closure



Smell Pack

#### 3 Synthetic Smells

1. Coffee
  2. Lemon
  3. Orange & Sandal
- \*Smells last more than 8 months



Torch Light + Battery



Divider



Inch Tape



Tongue  
Depressor



Carry your kit in a stylish,  
transparent & exam  
friendly box



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