



ALL IN ONE CNS KIT

# Easy Reflex - Clinical skills initiative

## CVS PROFOMA

Name	
Age	
Sex	
Occupation	
Address	
Socio - economic status	

### CHIEF COMPLAINTS

Chest Pain / Breathlessness

Palpitations / Hemoptysis / Syncope / Swelling Of Feet



### H/O PRESENTING ILLNESS

#### CHEST PAIN:

Duration / Onset / Progression / Site / Nature Of Pain

Aggravating / Relieving Factors / Associated With Sweating / Palpitation /

Breathlessness / Nausea

Episodes - Episodic/ Continuous

Lasting for / Radiation

#### BREATHLESSNESS:

Duration / Onset / Progression / Grading NYHA

Orthopnea / Platypnea / Trepopnea / PND

Aggravating / Relieving Factors



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### **PALPITATIONS:**

Duration / Onset / Progression / Grading NYHA

Regular / Irregular

At Rest / Exertion

Associated With Breathlessness

Aggravating / Relieving Factors

### **HEMOPTYSIS:**

Duration / Onset / Progression / Episodes

Amount / Fresh Blood or Altered blood

### **SYNCOPE:**

Duration / Onset / Progression / Episodes

Lasting for / Aggravating / Relieving Factors

Relation With Exertion / Recovery

### **SWELLING OF FEET**

Duration / Onset / Site / Progression

Aggravating/Relieving Factors

Time Of Day Variation

Associated With Dependent Sacral Edema or not

### **GENERAL HISTORY:**

Appetite / Rt. Hypochondriac Pain / Loss Of

Weight / Fatigue / Sleep / Bowel Bladder Habits /

Fever / Cyanotic Spells / Oliguria

## **PAST HISTORY**

### **RHD**

Fever With Sore Throat / Fleeting Joint Pain / Rash over the body /

Subcutaneous Nodules

H/O Taking Penicillin

## **INFECTIVE ENDOCARDITIS**

H/O Fever / Dental Procedures / Git / Hematuria / Jaundice



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## CONGENITAL HEART DISEASE

Failure to Cry after Birth / Failure To Thrive

Recurrent Rti / Squatting Episodes

Cyanotic Spells

H/O Diabetes / HTN / Asthma / PTB / Adverse Social Habits

CAD / COPD / CVA / Malignancy

## PERSONAL HISTORY

Bladder And Bowel Habits / Loss Of Weight & Appetite / Sleep Disturbances

Diet

Smoking – What? / Pack Yrs =                      No.Of Packets/Day X No.Of Years ,

Smoking Index =                      No.Of Cigars Or Beedi's/Day X No.Of Years

Alcoholism- Brand / Alcohol / Quantity (In Ml / Day )

Any Other Habits / Addictions

H/O Any Exposure To

Any STD's



## FAMILY HISTORY

Born From Consanguineous / Non Consanguineous Marriage

H/O CHD / IHD / HTN / DM

## TREATMENT HISTORY

Any Treatment Received

H/O Drug Allergy / Reactions

Any Surgical Intervention

## MENSTRUAL / OBSTERITIC HISTORY

Menarche / No.of Bleeding Days / Quantity

Any Dysmenorrhoea / Amenorrhoea

No Of Pregnancies / Complications / Mode Of Delivery

H/O Recent Delivery



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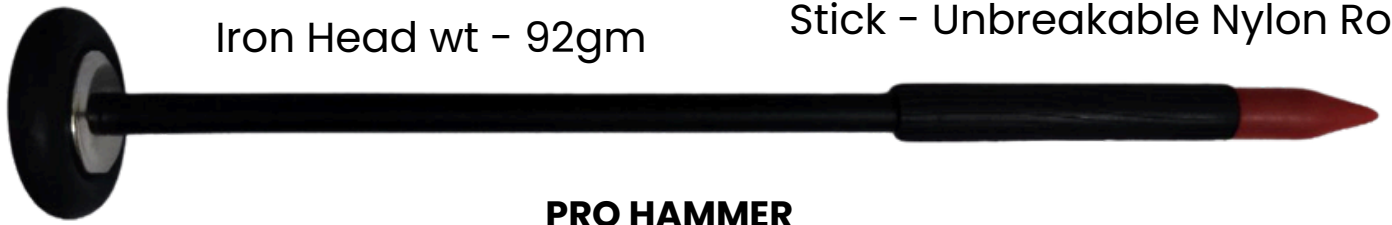
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Rubber  
O'ring

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**

**Snellen's Chart**

**Swab Stick**

**Cotton + Toothpick**

**Glass Tubes with Closure**

**Smell Pack**

**Torch Light + Battery**

**Divider**

**Inch Tape**

**Tongue Depressor**

**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.

**3 Synthetic Smells**

1. Coffee
2. Lemon
3. Orange & Sandal

\*Smells last more than 8 months

**EASY REFLEX**

**Buy Now**  
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**Carry your kit in a stylish,  
transparent & exam  
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## GENERAL EXAMINATION

**BUILT / NOURISHMENT**

**PALOR / ICTERUS**

**CYANOSIS – Central / Peripheral**

**CLUBBING – Bilateral / Unilateral / Pandigital / Limited**

**PEDAL EDEMA – Bilateral / Unilateral / Painless / Painful /**

**Pitting(Soft/Hard) / Nonpitting / Extension/ Regional**

**LYMPHADEOPATHY**

## MARKERS

### CONGENITAL HEART DISEASE

**DWARFISM / GIGANTISM**

**HEAD / NECK** - Low Set Ears / Hypertelorism / Mongoloid Facies / High Arched Palate /  
Webbed Neck

**TRUNK** - Kyphoscoliosis / Chest Wall Deformities

**UPPER LIMBS** - Absent Radius / Syndactyly / Polydactyly/ Arachnodactyly / Simian Crease

**LOWER LIMBS** - Rocker Bottom Feet / Sandla Gap



### RHEUMATIC FEVER

Arthritis / Erythema Marginatum / Subcutaneous Nodules /  
Sydenhams Chorea

### INFECTIVE ENDOCARDITIS

Anemia / Fever / Jaundice Splinter Hemorrhages / Clubbing / Splenomegaly /  
Arthritis / Osler's Nodes / Roth Spots / Janeway Lesions

### ATHEROSCLEROSIS

Arcus Senilis / Xanthelasma / Nicotine Staining / Xanthomas

### MARFANOID HABITUS

Arm Span / Height Ratio / Upper Segment And Lower Segment Ratio / Wrist  
Sign / Thumb Sign



## VITAL SIGNS

### PULSE -

Rate / Rhythm / Volume / Character / Felt In All Peripheral Pulses / No Radioradial Delay / Radiofemoral Delay / Apex Pulse Deficit / Condition Of Vessel Wall

### BLOOD PRESSURE -

### HILLS SIGN -

### RESPIRATORY RATE -

Rate / Regular Or Not / Type - Abdominothoracic Or Thoracoabdominal

### TEMPERATURE -

## INSPECTION OF NECK

JVP - Pressure/ Waveforms

CAROTIDS -

TRACHEA - Midline/ Shifted

THYROID -



## CVS EXAMINATION

### INSPECTION

CHEST WALL SHAPE & SYMMETRY

PRECORDIAL BULGE

CHEST WALL DEFORMITIES

DILATED VEINS / SCARS / SINUSES

APICAL IMPULSE - Site / Diffuse/ Localized

PULSATATIONS - Parasternal / Pulmonary / Aortic / Suprasternal / Epigastric /  
Supraclavicular / Interscapular

## PALPATION:

**APICAL IMPULSE** – Site / Normal / Tapping / Heaving / HyperDynamic / Other Specific Character

**PULSATION** - Parasternal Heave Grading  
Palpable P2,  
Pulmonary Arterial Pulsations  
Palpable Aortic / Suprasternal Epigastric Pulsations

**THRILL** - Precordial / Carotid Thrill

**DILATED VEINS** - Direction Of Flow

## PERCUSION:

**UPPER BORDER OF LIVER DULLNESS**

**RIGHT BORDER** - Corresponds To Rt Sternal Border

**LEFT BORDER** - Corresponds To Apex Beat

**NO DULLNESS BEYOND APEX BEAT**

## AUSCULTATION:

### MITRAL AREA

**S1** - NORMAL / LOW / LOUD

**S2** – HEARD

**S3** – HEARD OR NOT

**S4** – HEARD OR NOT

**OPENING SNAP / MITRAL CLICK**

**MDM** - A LOW PITCHED, ROUGH RUMBLING MID DIASTOLIC MURMUR OF GRADE \_\_\_\_\_ IN INTENSITY WITH PRESYSTOLIC ACCENTUATION IS HEARD WITH THE BELL OF STETHOSCOPE AND THE PATIENT IN THE LEFT LATERAL POSITION WITH BREATH HELD IN EXPIRATION.



**PAN SYSTOLIC MURMUR - A HIGH PITCHED, SOFT BLOWING PAN SYSTOLIC MURMUR OF GRADE \_\_\_\_\_ IS HEARD WITH THE DIAPHRAGM OF STETHOSCOPE CONDUCTING TO THE AXILLA AND THE BACK WITH THE PATIENT IN THE LEFT LATERAL POSITION AND BREATH HELD IN EXPIRATION**

### **TRICUSPID AREA**

**S1 / S2 / S3 / S4 - HEARD**

**ANY MURMURS HEARD**

### **PULMONARY AREA**

**S1 / S2**

**S2 SPLIT - A2 / P2**

**P2 LOUD / SINGLE 2ND HEART SOUND**

**PULMONARY EJECTION CLICK**

**ANY MURMURS HEARD**

### **AORTIC AREA**

**S1 / S2**

**EJECTION CLICK**

**ESM : A HIGH PITCHED,ROUGH CRESCENDO DECRESCENDO EJECTION SYSTOLIC MURMUR OF GRADE \_\_\_\_\_ INTENSITY IS HEARD WITH THE DIAPHRAGM OF STETHOSCOPE CONDUCTING TO CAROTIDS WITH THE PATIENT IN SITTING AND LEANING FORWARD POSITION WITH BREATH HELD IN EXPIRATION.**

### **SECOND AORTIC AREA**

**S1 / S2**

**EDM : A HIGH PITCHED, SOFT BLOWING DECRESCENDO EARLY DIASTOLIC MURMUR OF GRADE \_\_\_\_\_ INTENSITY IS HEARD WITH THE DIAPHRAGM OF THE STETHOSCOPE WITH THE PATIENT IN THE SITTING POSITION AND LEANING FORWARD WITH BREATH HELD IN EXPIRATION**



## PERIPHERAL SIGNS OF AR

Corrigan's pulse (bounding carotid), Quincke's sign (nail bed capillary pulsations), De Musset's sign (head bobbing), Duroziez's sign (femoral artery bruits), Hill's sign (high popliteal pressure), and Traube's sign (pistol-shot sounds over femoral artery) ETC,...

## OTHER SYSTEMS -

**RS** - Tracheal Position / Movement Of Chest Wall / Breath Sounds /  
Added Sounds

**ABDOMEN** - Soft Liver / Hepatojugular Reflex / Ascites / Spleen

**CNS** - NFD

## DIAGNOSIS:

ACQUIRED VALVULAR HEART DISEASE / RHEUMATIC ETIOLOGY / WITH PULMONARY HYPERTENSION / AF / EVIDENCE OF CONGESTIVE HEART FAILURE / WITH OR WITHOUT SIGNS OF ACTIVE RHEUMATIC FEVER / INFECTIVE ENDOCARDITIS.

“

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