# PROCEDURE CHECKLIST

## Chapter 19: Assessing the Heart and Vascular System

Check (√) Yes or No

<table>
<thead>
<tr>
<th>PROCEDURE STEPS</th>
<th>Yes</th>
<th>No</th>
<th>COMMENTS</th>
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</table>
| 1. Inspects the neck and chest.  
  a. Positions patient supine.  
  b. Observes carotid arteries. | | | |
| 2. Assesses jugular flow by compressing jugular vein below the jaw and observing jugular wave. | | | |
| 3. Assesses jugular filling by compressing jugular vein above the clavicle and observing for disappearance of jugular wave. | | | |
  a. Elevates the head of the bed to a 45° angle.  
  b. Identifies the highest point of visible internal jugular filling.  
  c. Places a ruler vertically at the sternal angle (*where the clavicles meet*).  
  d. Places another ruler horizontally at the highest point of the venous wave.  
  e. Measures the distance in centimeters vertically from the chest wall. | | | |
| 5. Places patient supine with tangential lighting to inspect precordium for pulsations. | | | |
| 6. Palpates the carotid arteries.  
  a. Palpates each side separately.  
  b. Avoids massaging the artery.  
  c. Notes rate, rhythm, amplitude, and symmetry of pulse.  
  d. Notes contour, symmetry, and elasticity of the arteries; notes any thrills. | | | |
| 7. Palpates the precordium.  
  a. Has patient sit up and lean forward; if lying down, turns patient to the left side.  
  b. Palpates: apex, left lateral sternal border, epigastric area, base left, and base right. | | | |
| 8. Works from patient’s right side to auscultate, if possible. | | | |
| 9. Auscultates the carotids: uses bell of stethoscope, has patient hold his breath while listening. | | | |
| 10. Auscultates jugular veins: uses bell of stethoscope, has patient hold his breath while listening. | | | |
| 11. Auscultates the precordium:  
  a. Identifies S1, S2, S3, and S4 sounds.  
  b. Listens for murmurs.  
  c. Listens with both bell and diaphragm at all four | | | |

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locations.

d. Listens at: base right (aortic valve), base left (pulmonic valve), apex (mitral valve), and left lateral sternal border (tricuspid valve).

12. If murmur is heard, identifies variables affecting (e.g., location, quality, pitch, intensity, timing, duration, configuration, radiation, and respiratory variation) and compares with previous findings. Refers to primary care if murmur is a new finding.

13. Inspects the periphery for color, temperature, and edema.

14. Palpates the peripheral pulses: radial, brachial, femoral, popliteal, dorsalis pedis, and posterior tibial.
   a. Uses distal pads of 2nd and 3rd fingers to firmly palpate pulses.
   b. Palpates firmly but does not occlude artery.
   c. Assesses pulses for rate, rhythm, equality, amplitude, and elasticity.
   d. Describes pulse amplitude on a scale of 0 to 4:
      0 = absent, not palpable
      1 = diminished, barely palpable
      2 = normal, expected
      3 = full, increased
      4 = bounding

15. Inspects the venous system. If a client has varicosities, assess for valve competence with the manual compression test.

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<th>Recommendation</th>
<th>Pass _____</th>
<th>Needs more practice _____</th>
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