Assessment Skills Self-Evaluation Form

CARDIOVASCULAR EXAM

Directions: Place an "X" in the boxes that best describe how *recently* you have used each of the skills listed and the degree of *proficiency* with which you implement each skill. Then, based on your selections, determine whether the skill is of *high* (A), *medium* (B), or *low* (C) priority in your overall skill development effort. Make it a point to develop first those skills that are used more often and with moderate to low proficiency.

Skill	Recency of Use			Proficiency			Priority		
Ability to properly:	Recent	Some Time Ago	Never	Very	So So	Not At All	A	В	C
Inspect and palpate the heart									
Describe observations of vibrations or thrills in the aortic, pulmonic, ventricular, and epigastric areas									
Time abnormal pulsations or thrills relative to carotid pulse or heartbeat									
Use a stethoscope to auscultate the heart over the aortic, pulmonic, mitral, and tricuspid areas									
Describe observations related to heart rate and rhythm, presence of heart sounds, and systolic and diastolic murmurs								<u> </u>	
Measure radial arterial pulse									
Measure carotid arterial pulse									
Measure left and right jugular venous pulse									
Measure left and right jugular venous									