



# SOMA OMS II Medical Skills Competencies

Exam Checklist #1 General, Vital Signs, Skin, Hair, and Nails	Performed satisfactorily (1 point)	Performed less than satisfactorily (0.5 point)	Did not perform (0 point)
<b>GENERAL</b>			
1. Introduces self to patient including full name and status (2 <sup>nd</sup> year osteopathic medical student).			
2. Demonstrates respect in addressing patient.			
3. Washes hands before shaking hands.			
4. Washes hands before beginning physical exam.			
<b>VITAL SIGNS</b>			
5. Takes radial pulse rate.			
6. Palpates radial pulse bilaterally.			
7. Takes respiratory rate.			
8. Takes BP, patient seated comfortably, feet on floor, cuff at heart level and arm supported.			
9. Explains vital sign results to patient.			
<b>SKIN</b>			
10. Inspects entire skin surface, explaining reason for inspection to patient			
11. Demonstrates proper draping to preserve patient modesty.			
12. Palpates skin for turgor, texture, and capillary refill.			
<b>HAIR</b>			
13. Notes observed hair distribution on scalp and body. When possible and appropriate, includes pelvic hair distribution.			
14. Describes scalp hair color, distribution and character (thick, thin, straight, curly).			
<b>NAILS</b>			
15. Describes nail abnormalities- color, shape, texture, thickness (lines, brittleness, thickening, discoloration, pitting, ridges, spooning)			

**Score** \_\_\_/15

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# SOMA OMS II Medical Skills Competencies

Physical Exam Checklist #2: Head, Eyes, CN's II-XII	Performed satisfactorily (1 point)	Performed less than satisfactorily (0.5 point)	Did not perform (0 point)
<b>EYES</b>			
1. <b>Visual Acuity</b> (CN II.)			
2. <b>Visual Fields</b> to confrontation			
3. <b>Extraocular Movements:</b> (CNs - III, IV, VI.)			
4. <b>Eye Inspection</b> (Brows, lids, lashes, lacrimal apparatus, cornea, sclera, conjunctiva)			
5. <b>Pupillary Response</b> to light and accommodation. (CN II, III)			
6. <b>Fundoscopy Exam:</b> Red reflex, disc, retina			
<b>HEAD</b>			
7. <b>Scalp:</b> Inspect and palpate scalp.			
8. <b>Facial Symmetry:</b> Patient smiles, raises eyebrows, closes eyes and resists opening, puffs cheeks (CN VII.)			
9. <b>Jaws:</b> Patient clenches jaws (CN V)			
10. Light touch forehead, maxilla, mandible (CN V, three branches.)			
<b>EARS</b>			
11. <b>Hearing:</b> Rub fingers near ear, or conduct a whisper test (CN VIII.)			
<b>MOUTH</b>			
12. Patient to say "AH." Palate elevates symmetrically: (CN X.)			
13. <b>Gag Reflex:</b> Test gag reflex (CN X,IX)			
14. <b>Tongue:</b> Patient to protrude tongue, move from side to side, say "lah lah lah" (CN XII.)			
<b>NECK</b>			
15. <b>Neck:</b> Patient turns head against resistance. Patient shrugs shoulders against resistance (CN XI.)			

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# SOMA OMS II Medical Skills Competencies

<b>Physical Exam Checklist #3: Ear, Nose and Throat</b>	<b>Performed satisfactorily (1 point)</b>	<b>Performed less than satisfactorily (0.5 point)</b>	<b>Did not perform (0 point)</b>
<b>EARS</b>			
1. Inspect auricle and surrounding tissue.			
2. Palpate mastoid and perform tug test.			
3. Otoscope exam: inspect ear canal, TM, cone of light			
4. Test hearing by rubbing fingers near ear or whisper test.			
5. Perform Weber testing.			
6. Perform Rinne testing.			
<b>NOSE</b>			
7. Use otoscope to inspect septum, turbinates, mucosa.			
8. Palpate maxillary and frontal sinuses for tenderness.			
<b>THROAT</b>			
9. Using tongue depressor and penlight, inspect lips, tongue, uvula (midline), hard palate, soft palate, mucosa, post pharynx and tonsils.			
10. Inspect dentition and gums.			
11. Palpate TMJ just anterior to tragus, have patient open and close jaw palpating for crepitation.			
<b>NECK</b>			
12. Inspect for masses, asymmetry.			
13. Palpate for lymphadenopathy: anterior, posterior cervical chains, supraclavicular, pre- and post- auricular.			
14. Examine trachea for position.			
15. Palpate thyroid for enlargement, nodules, and asymmetry.			

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# SOMA OMS II Medical Skills Competencies

## Exam Checklist #4:

### Cardiovascular/Pulmonary

	Performed satisfactorily (1 point)	Performed less than satisfactorily (0.5 points)	Did not perform (0 points)
<b>CARDIOVASCULAR</b>			
1. Examine patient from right side and demonstrate proper draping technique to preserve patient modesty throughout examination.			
2. Measure JVP. Evaluate carotid pulses bilaterally and assess for carotid bruits bilaterally.			
3. Inspect precordium. Note barrel chest, pectus excavatum/carniatum, breathing pattern and use of accessory muscles.			
4. Palpate pulmonic and aortic valve areas. Palpate PMI.			
5. Auscultate at aortic, pulmonic, tricuspid and mitral valve posts while patient supine. Auscultate at PMI with patient on left side.			
6. Auscultate for aortic, renal, femoral bruits. Palpate abdominal aorta using the two-handed technique.			
7. Auscultate at aortic, pulmonic, tricuspid and mitral valve posts while patient seated.			
8. Auscultate at left lower sternal border and apex while patient sitting up and leaning forward.			
9. Measure blood pressure in right arm while patient seated. Check capillary refill.			
10. Evaluate and grade bilateral brachial, radial, femoral, popliteal, posterior tibial, and dorsalis pedis pulses.			
11. Inspect bilateral upper and lower extremities for edema and varicosities.			
<b>PULMONARY</b>			
12. Note respiratory rate, oxygen saturation, work of breathing, retractions. Inspect anterior and posterior chest wall for symmetry, range of motion, rib cage movement and chest wall deformities. Observe for clubbing, cyanosis.			
13. Palpate anterior and posterior chest wall for tissue texture changes, tenderness, somatic dysfunction, skin abnormalities, tactile fremitus, and chest expansion.			
14. Percuss anterior and posterior chest wall: 8 anterior and 8 posterior stations in "ladder" formation.			
15. Auscultate anterior and posterior chest wall, asking patient to breathe through an open mouth: 8 anterior and 8 posterior stations in "ladder formation". Perform egophony, bronchophony, and whispered pectoriloquy.			

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# SOMA OMS II Medical Skills Competencies

<b>Physical Exam Checklist #5: Abdomen</b>	<b>Performed satisfactorily (1 point)</b>	<b>Performed less than satisfactorily (0.5 points)</b>	<b>Did not perform (0 points)</b>
<b>ABDOMEN</b>			
1. Examine patient from right side and demonstrate proper draping technique to preserve patient modesty throughout examination.			
2. Inspect: skin, contour, symmetry, pulsations, masses.			
3. Auscultate for bowel sounds in 4 quadrants.			
4. Auscultate for aortic bruit.			
5. Auscultate for renal, iliac and femoral bruits.			
6. Percuss 4 quadrants- noting any areas of dullness or tympany.			
7. Perform light palpation of 4 quadrants- note tissue texture changes, somatic dysfunction, tenderness, rigidity, masses.			
8. Perform deep palpation of 4 quadrants- note tenderness, rigidity, abdominal wall defects, masses- noting size, location, texture.			
9. Percuss and palpate for liver size.			
10. Percuss and palpate for spleen size.			
11. Palpate kidneys and assess for CVA tenderness.			
12. Perform fluid wave test and check for shifting dullness.			
13. Evaluate for Murphy's sign.			
14. Evaluate for rebound tenderness at McBurney's point and evaluate for psoas sign.			
15. Palpate suprapubic area for bladder distention.			

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# SOMA OMS II Medical Skills Competencies

Exam Checklist #6: Upper Extremities	Performed satisfactorily (1 point)	Performed less than satisfactorily (0.5 points)	Did not perform (0 points)
<b>GENERAL</b>			
1. Inspect for asymmetry, muscle atrophy, skin changes, masses, nodules.			
2. Assess bilateral upper extremity strength: deltoids, biceps, triceps, wrist flexion and extension, intrinsic hand muscles.			
3. Assess sensation bilaterally of C5-T2. Assess radial pulses bilaterally.			
4. Evaluate bilateral upper extremity reflexes: triceps, biceps, brachioradialis.			
<b>SHOULDER</b>			
5. Starting at sternal notch, palpate bilaterally: clavicles, AC joint, acromion, medial border of scapula, SC joint, coracoid process, biceps tendon, and scapular spine.			
6. Assess bilateral shoulder active ROM in all planes and then passive ROM: flexion, extension, abduction, adduction, internal rotation, external rotation.			
7. Demonstrate the crossover test and Apley scratch test.			
8. Demonstrate Neer's impingement sign and Hawkin's impingement sign.			
9. Demonstrate rotator cuff muscle strength testing including performing empty can test and drop-arm sign.			
<b>ELBOW</b>			
10. Assess bilateral elbow active and passive ROM: extension and flexion, supination and pronation.			
11. Palpate olecranon notch, including subolecranon bursa. Palpate radial head while supinating/pronating forearm.			
12. Evaluate for lateral tendonitis (wrist extension with forearm pronated, 'turn knob' against resistance.) Evaluate for medial tendonitis (wrist flexion with forearm supinated.)			



<b>WRIST</b>			
<b>13.</b> Assess bilateral wrist active and passive ROM: extension, flexion, radial and ulnar deviation.			
<b>14.</b> Evaluate for De Quervain's tenosynovitis (ulnar deviation of wrist while hand in fist position.) (Finklestein.)			
<b>15.</b> Demonstrate testing for Phalen's and Tinel's signs.)			

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# SOMA OMS II Medical Skills Competencies

<b>Exam Checklist #7: Back and Lower Extremities</b>	<b>Performed satisfactorily (1 point)</b>	<b>Performed less than satisfactorily (0.5 points)</b>	<b>Did not perform (0 points)</b>
<b>GENERAL</b>			
1. Inspect for asymmetry, landmarks of unlevelness, muscle atrophy, skin changes, gait abnormalities. Measure leg length.			
2. Palpate spine. Evaluate for somatic dysfunction, curvatures, and pain. Evaluate para-spinal muscles and note TART changes.			
3. Assess lumbar-thoracic ROM: forward flexion, extension, rotation, side-bending. Perform standing and seated flexion testing.			
4. Assess strength of bilateral Iliopsoas, quads, hamstrings, plantar flexion/dorsiflexion.			
5. Assess sensation bilaterally, L1 - S1.			
6. Evaluate reflexes bilateral (patellar and Achilles).			
<b>HIP/BACK</b>			
7. Assess active ROM and then passive ROM in all planes of bilateral hips: flexion, extension, internal rotation, external rotation, abduction, adduction.			
8. Palpate trochanteric head of femur and sciatic notch.			
9. Perform the straight leg-raising test and the crossed straight leg-raising test.			
<b>KNEE</b>			
10. Palpate suprapatellar tendon, patella, infrapatellar tendon, tibial tuberosity, bilateral joint lines, posterior knee.			
11. Assess active and passive ROM of bilateral knees. Balot knee for effusion. Perform Patellofemoral grinding test.			
12. Assess ligament and menisci stability of the knee with patient supine: McMurray test, valgus/varus stress tests, anterior drawer sign, Lachman test, posterior drawer sign.			
<b>ANKLE/FOOT</b>			

<b>13.</b> Observe for ankle valgus/varus deformity. Assess bilateral active and passive ROM at ankle: dorsiflexion/plantar flexion, supination and pronation.			
<b>14.</b> Palpate anterior talofibular ligament and deltoid ligament. Perform Talar tilt test to assess integrity of deltoid and calcaneofibular ligaments.			
<b>15.</b> Evaluate for plantar fasciitis (palpate calcaneal bone on medial sole of foot and evaluate plantar fascia/fat pad).			

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# SOMA OMS II Medical Skills Competencies

Exam Checklist #8: Genitourinary, Female; Breast, Female	Performed satisfactorily (1 point)	Performed less than satisfactorily (0.5 point)	Did not perform (0 point)
<b>BREAST</b>			
1. Have appropriate chaperone present. Explain examination to the patient prior to and throughout examination.			
2. Attention given to patient comfort. Demonstrate proper draping technique to preserve patient modesty throughout examination.			
3. Patient seated: Observe breasts for symmetry, skin changes, dimpling with patient hands at sides, overhead, on hips, leaning forward.			
4. Patient supine: Palpate bilateral breasts and axillae. Note any nodes, nipple discharge, edema, erythema or lesions.			
<b>GU FEMALE</b>			
5. Ask patient history questions to assess anatomy (hysterectomy, menopause).			
6. Explain examination to the patient prior to and throughout examination.			
7. Assist patient with positioning and feet placement in foot rests.			
8. Observe perineum and note hair distribution, skin lesions, external anatomy.			
9. Palpate Skene's and Bartholin's glands.			
10. Insert speculum into vagina using pressure downward to avoid pressure on urethra and clitoris.			
11. Locate cervix.			
12. Collect cultures for wet mount, GC/CT.			
13. Perform pap smear and preserve sample appropriately.			
14. Inspect vaginal walls as remove speculum.			
15. Evaluate for cystocele and rectocele using speculum or two finger approach.			

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## SOMA OMS II Medical Skills Competencies

<b>Exam Checklist #9: Genito-Urinary, Male</b>	<b>Performed satisfactorily (1 point)</b>	<b>Performed less than satisfactorily (0.5 points)</b>	<b>Did not per- form (0 points)</b>
<b>GU MALE</b>			
1. Have appropriate chaperone present. Explain examination to patient prior to and throughout examination.			
2. Attention given to patient comfort. Demonstrate proper draping technique to preserve patient modesty throughout examination.			
3. Inspect penis – noting foreskin/circumcision, lesions or urethral discharge.			
4. Observe pubic hair for hair distribution, nits, lice.			
5. Observe location of urethral meatus. Compress glands gently between index finger and thumb to inspect for discharge.			
6. Palpate for plaques or induration.			
7. Palpate testes for masses, size and symmetry.			
8. Palpate epididymis. Note consistency.			
9. Palpate spermatic cord. Note nodules or swelling.			
10. Perform digital exam for assessment of inguinal canal hernia, asking patient to cough or perform valsalva.			
<b>DIGITAL RECTAL EXAM</b>			
11. Ask patient to bear down as if straining at stool while lying on his left or right side.			
12. Gently insert index finger after sphincter relaxes.			
13. Perform a 360 ° sweep of rectum including anal sphincter tone, tenderness, nodularity, or masses.			
14. Examine prostate surface for nodularity, texture - evaluate lateral lobes, median sulcus.			
15. Upon completion of examination - observe for grossly bloody stool and test for stool occult blood.			

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# SOMA OMS II Medical Skills Competencies

<b>Exam Checklist #10: Mini Mental Exam and Scoring</b>  Student may use MMSE form as guide during examination.	Performed satisfactorily (each worth 1.25 points for a total of 15)	Performed less than satisfactorily (each worth 0.63 points)	Did not perform (0 points)
<b>ORIENTATION (10 points)</b>			
1. Ask the patient to name the date, day, month, year and season (Score 1 point for each correct answer).			
2. Ask the patient to name the place where exam is happening; place, floor or address, city, county, state (Score 1 point for each correct answer).			
<b>WORKING MEMORY – REGISTRATION (3 points)</b>			
3. Examiner names 3 unrelated objects and asks patient to repeat them (up to 6 trials). (Score 1 point for each object remembered).			
<b>ATTENTION AND CALCULATION (5 points)</b>			
4. Ask the patient to begin with 100 and count backwards by sevens. Stop after five subtractions (93, 86, 79, 72, 65) - (Score 1 point for each correct subtraction). <b><i>If the patient cannot or will not perform the subtraction task go to #2 below.</i></b>			
5. Ask the patient to spell the word “world” backwards. (Score 1 point for each correct letter).			
<b>RECALL (3 points)</b>			
6. Ask the patient if he or she can recall the three words previously asked of him or her to remember. (Score 1 point for each correct word).			
<b>LANGUAGE AND PRAXIS (9 points)</b>			
7. <b>Naming:</b> Show the patient a wrist watch and ask the patient what it is. Repeat with either pen or pencil. (Score 1 point for each item- up to 2 points).			
8. <b>Repetition:</b> Ask the patient to repeat the sentence after you (“No ifs, ands, or buts.”). (Score 1 point if repeated exactly).			
9. <b>3-Stage command:</b> Give patient a piece of blank paper and say, “take this paper in your right hand, fold it in half, and put it on the floor.” (Score 1 point for each correct execution – up to 3 points).			
10. <b>Reading:</b> On a blank piece of paper print the sentence “close your eyes” in letters large enough for the patient to see. Ask the patient to read the sentence and do what it says. (Score 1 point for following written command correctly).			

<p><b>11. Writing:</b> Give the patient a blank piece of paper and ask him or her to write a sentence for you. Do not dictate the sentence; it should be written spontaneously. The sentence must contain a subject, a verb and make sense. Correct grammar and punctuation are not necessary. (Score 1 point for correct sentence).</p>			
<p><b>12. Copying:</b> Show the patient the picture of two intersecting pentagons and ask the patient to copy the figure exactly as it is. All ten angles must be present and two must intersect. Ignore tremor and rotation. (Score 1 point for correct copy design).</p>			

**Score** \_\_\_/15

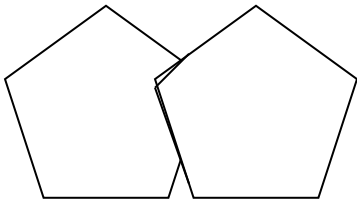
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**Interpretation of the MMSE Scores:**

<b>Severity</b>	<b>24-30</b>	<b>No cognitive impairment</b>
	<b>18-23</b>	<b>Mild cognitive impairment</b>
	<b>0-17</b>	<b>Severe cognitive impairment</b>

Sources: Tombaugh, TN, McIntyre NJ. The mini-mental state examination: a comprehensive review. *Journal American Geriatric Society*, 1992; 40(9): 922-935





# SOMA OMS II Medical Skills Competencies

Physical Exam Checklist #11: Neurology Exam	Performed satisfactorily (1 point)	Performed less than satisfactorily (0.5 point)	Did not perform (0 point)
<b>MENTAL STATUS</b>			
1. Assess orientation to person, place, and time. Assess attention with serial 7's and spell "world" backwards.			
2. Assess new learning ability by asking to remember 3 words and ask patient to repeat the words in 3 minutes. Assess higher cognitive function by asking patient to name last 4 presidents and interpret a proverb.			
<b>SPEECH</b>			
3. Observe speech for quantity, rate, volume, articulation, fluency. Test for aphasia by assessing word comprehension and word repetition.			
<b>CRANIAL NERVES</b>			
4. Test CN II: visual acuity, visual fields, fundoscopic exam. Test CN II, III: pupillary reactions. Test CN III, IV, VI: extraocular movements.			
5. Test CN V: facial sensation, jaw movements. Test CN VII: facial movements.			
6. Test CN VIII: hearing. Test CN IX, X: rising palate, gag reflex. Test CN V, VII, IX, X, XII: voice & speech.			
7. Test CN XI: shoulder & neck movements. Test CN XII: tongue symmetry & position.			
<b>MOTOR</b>			
8. Observe body position. Inspect muscle bulk and tone.			
9. Test and grade muscle strength bilateral upper and lower extremities.			

<b>SENSORY</b>			
<b>10.</b> Test pain and light touch in 4 dermatomes bilat. Perform monofilament exam on feet.			
<b>11.</b> Test vibratory sensation on distal bilateral upper and lower extremity bony prominences. Test proprioception of lower extremities.			
<b>GAIT/CEREBELLAR</b>			
<b>12.</b> Test rapid alternating movement and point-to-point movement.			
<b>13.</b> Observe natural gait, tandem walk. Perform Romberg test.			
<b>REFLEXES</b>			
<b>14.</b> Test bilateral biceps, brachioradialis, patellar, Achilles reflexes. Check plantar response.			
<b>CEREBROVASCULAR</b>			
<b>15.</b> Auscultate for carotid bruits bilaterally.			

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