Assessment of the Heart and Peripheral Vascular System

Subjective Data: Chest pain, dyspnea, orthopnea, cough, cyanosis or pallor, edema, nocturia, past cardiac history, family cardiac history, personal habits (cardiac risk factors)

Objective Data
HEART
Inspection
  Locate the landmarks of the chest
  Pulsations, lifts (heaves)
  Location of apical impulse (Visible in 50% adults)
  JVD with chest at 35-45 degree angle
Auscultation
  Rhythm assessment of S1 and S2 (Regular/Irregular)
    Assess all auscultatory sites: APTM
  Count Apical Heart Rate

PERIPHERAL VASCULAR SYSTEM
Inspection
  Skin color – extremities (upper and lower)
  Hair distribution
Palpation of Peripheral Pulses (Grade each pulse)
  Compare temperature and symmetry
  Radial
  Femoral
  Posterior Tibial
  Dorsalis Pedis
Capillary refill after blanching (secs)
  Fingers/toes
Presence of Edema- depress for 5 seconds (grade if pitting)

Documentation: (Include both Subjective and Objective Data in Narrative Form)