

## Station 1: Neurological

### Neuro

- Behavior / Orientation / Level of Consciousness
  - Behavior
  - Orientation
  - LOC
- Facial Symmetry
- Vision
  - PERRLA (**P**upils **E**qual **R**ound **R**eactive to **L**ight and **A**ccommodation)—Show it/Practice
  - Eye appearance—Discuss
  - Size
  - Direct and Accommodation—refer to handout
- Extremities
  - Sensation
  - Hand Grips

### Materials Needed:

- Pen Light
- Neuro Handout
- PQRST Card

### Pain

- Discuss PQRST

## Station 2: Cardiovascular & Respiratory

### Cardiovascular

- Vital Signs
  - Temperature, HR, Respirations, Blood Pressure, O2 sats
- Heart Exam
  - Location Review
    - Aortic, Pulmonic, Erb's, Tricuspid, Mitral
  - Sound Review
    - S1/S2 = Normal
    - S3 = Heart Failure—Ask them
    - S4 = Aortic Stenosis—Ask them
- Peripheral Circulation
- Edema

### Respiratory

- Review Lung Regions
- Review Lung Sounds
- Review Cough/Congestion

### Materials Needed:

- Anatomy Guide Handout

### Station 3: GI & GU

#### Gastrointestinal

- Auscultation, Palpation, Inspection
  - Handout
  - Palpation
  - Inspection
  - Auscultation
- Bowel Movements
  - Characteristics
- Nutrition
  - Nutrition Assessment
  - Dentition

#### Urinary

- Types of excretion
- Urine Descriptions
- Intake and Output

#### Materials Needed:

- GI Handout

## Station 4: Skin & Musculoskeletal

### Skin

- Appearance
- Temperature
- Wounds
  - Types
  - Characteristics
  - Pressure Ulcers

### Materials Needed:

- Laminated Pressure Ulcer Handouts
- Pressure Ulcer Guide Handouts

### Musculoskeletal

- Mobility
  - Independent vs. Assist
- Range of Motion
  - Assessments