Learning Objectives

1. Describe the relevant anatomy and physiology as pertains to the examination of the arteries and veins.
2. Identify signs and systems of arterial and venous insufficiency.
3. Identify surface anatomy of arteries and veins.
4. Identify clinical significance of physical findings to predict peripheral vascular disease.
5. List the grading system for peripheral pulses.
6. Describe correct method of taking a blood pressure and what patient preparation is needed.
7. Demonstrate taking blood pressure by palpation and auscultation on student peers.
8. Practice peripheral vascular exam of extremities on student peers.
9. Practice abdomen, inguinal lymph node and femoral artery examination steps on SP.

Pre-Session Assignment

   - Chapter 9, The Cardiovascular System, pp. 374-382, 399: “Jugular Venous Pressure (JVP) and Pulsations,” “Techniques of Examination,” “Recording your findings”
   - Chapter 4, pp. 126-130: “Select the Correct Blood Pressure Cuff” and “Making Accurate Blood Pressure Measurements”
   - Review as needed, Chapter 11: The Abdomen, “Techniques of Examination”
3. Prepare to discuss Assigned Questions at small group session
4. Bring to small group stethoscope, sphygmomanometer; wear white coat for SP exercise.
Small Group Session Activities

1. Review PV lecture points.
2. Review learning objectives above.
3. Review assigned questions.
4. Review Critical Thinking PV case. Note this case will become available in small group.
5. Practice correct technique of taking blood pressure.
6. Practice the peripheral vascular exam on each other. Exam steps should include:
   a. palpation of carotid artery and carotid auscultation
   b. JVD exam
   c. palpation of brachial, radial, popliteal, dorsalis pedis, posterior tibialis pulses
   d. Allen’s test
7. Demonstrate how to examine a patient for pedal edema.
8. Review the write up of the peripheral vascular exam.
9. With facilitator guidance, examine SP practicing steps 40-50 listed on the Basic Screening Physical Examination Outline (orange card). See schedule for practice time with SP.