Physical Exam Session 1 - Heart and Lung Exam  
Sept 29 – Oct 11, 2011; Learning Center Room 673  
*(see master schedule for the exact date and time of your session)*

**Learning objectives:**

At the end of this one-hour session, the student will be able to:

1. Demonstrate the proper technique for the cardiac exam (inspection, palpation and auscultation).
2. Identify the appropriate bony landmarks and auscultatory areas (aortic, pulmonic, tri-cuspid and mitral).
3. Know the components of the first and second heart sounds (S1 and S2), and distinguish systole from diastole in the cardiac cycle.
4. Demonstrate the proper technique for the lung exam (inspection, percussion, palpation, and auscultation).
5. Identify and palpate clinically relevant bony landmarks on the chest wall and relate these to the lobes of the lung.
6. Identify normal vesicular breath sounds as well as typical breath sounds associated with common respiratory conditions.

**Reading:**

Bates’ Guide to Physical Examination and History Taking  
*9th Edition – pages 241-321*  
*10th Edition – pages 283-370*

**VIDEOS:**

*The Lung Exam*  
*The Cardic Exam*

**Equipment:**

Stethoscope  
**BRING YOUR COMPETENCY BOOK TO THIS SESSION**

**Dress:**

Men - shorts and tee shirt  
Women - shorts, tee shirt and jog-bra or bathing suit top