

PERIPHERAL VASCULAR EXAMINATION

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General exam: (This checklist is a continuation to CVS checklist, refer to it for introduction, first impression, vitals, **pulses**)

Exposure up to umbilicus, but due to cultural concerns up to mid-thigh (Both legs).

Arterial system examination, remember to examine pulses and BP for both arms

Face and Neck

- Xanthelasma, corneal arcus
- Horner's syndrome (ptosis, miosis, anhidrosis)
- Hoarseness
- Visible veins in the neck, shoulders, anterior chest

Hands

- Tobacco stain
- Discoloration of fingertips
- Pits and healed scars in finger pulps
- Calcinosis and visible nail fold capillary loops
- Muscle wasting

Abdomen

- **Inspection:**
- Epigastric/umbilical pulsation
- Mottling
- Weight loss
- Scars
- **Palpation** for pulsatile mass over the aorta (epigastrium, below umbilicus)

Lower limbs examination: (Position: start flat then elevated 45 degrees and then dependent position) (Compare limbs)

Inspection

- Color changes, scars
- Hair distribution & shiny skin
- Swelling, ulcers
- Muscle wasting
- Superficial dilated veins
- Venous guttering
- Onycholysis and hypertrophic nails, clubbing
- Fungal infection between toes
- Look between toes (ulcers) and at heels (pressure sores)

Palpation

- Muscle tenderness
- Temperature difference
- Capillary refill (<2 seconds)
- **Pulses: (comment if palpable)**
- Femoral (Mid-inguinal point, halfway between the ASIS and pubic symphysis) (radio-femoral delay)
- Popliteal (lying flat, knee flexed 30 degrees)
- Posterior tibial (2 cm below and 2 cm behind the medial malleolus)
- Dorsalis pedis (lateral to tendon of extensor hallucis longus)

Auscultation & Special tests

- Bilateral auscultation over the femoral artery for bruits (using diaphragm)
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- Buerger's test (patient supine)
- "To finish my exam i need to test the Ankle:brachial pressure index (ABPI)"

Venous system examination (DVT exam) > Patient standing then lying supine

Check if the patient is stable, breathless or in pain. Risk factors: pregnancy, immobility, cast, recent surgery or trauma.

Inspection

- Skin color changes (lipodermatosclerosis, hemosiderin)
- Ulcers
- Swelling
- Venous dilation

Palpation

- Temperature difference (≥ 3 sites)
- Tenderness of skin and muscle (squeeze ankle, calves and thighs)
- Pitting edema (if present > check JVP)
- Leg circumference (10 cm below tibial tuberosity) (<3 cm difference insignificant)