0:00 Intro & overview

1:44 Top tips
  - Be opportunistic. Find a Cardio SpR to watch you. Palpate bilaterally for apex beat. Don’t narrow differential too quickly.

2:30 Cardio exam overview

3:06 – WIPER

3:37 – Around the room: oxygen saturation probes, supplemental O2

3:44 – Patient from end of bed: small for age, well grown, pink, pale or blue, dysmorphism, increased work of breathing

4:10 – Hands: cool or warm, clubbing, splinter haemorrhages, oslers nodes

4:32 – Radial pulse, Brachial pulse, Carotid pulse. No thumbs! Character at central pulses (not radial)

5:00 – Face: dysmorphism, conjunctival pallor, dental caries, central cyanosis

5:30 – Precordium: chest wall deformities, scars, visible impulses

6:00 Palpation: bilat for apex beat, heaves, thrills

6:23 Auscultation (briefly, further podcast about murmurs coming soon!)

7:10 – Last bits: Hepatomegaly, femorals, lung bases, peripheral / sacral oedema

7:45 – ‘To complete my examination I would like to measure the HR, BP, O2 sats & plot the height and weight on an appropriate chart.’ (plus anything you forgot!)

8:20 Focus On: Clubbing

9:20 Focus On: Hand & Heart Defects

10:40 Focus on: Pulse

12:20 Focus on: Scars

15:00 Heaves, thrills, apex beat
  - Apex: forceful - cardiac myopathy, feeble - heart failure, displacement - dilated cardiomyopathy.
  - Heave - palpable right ventricular impulse. Thrill - palpable murmur

16:50 Outtro: PedZ app, Check out Pub Quiz!