

→ **Inspeção:**

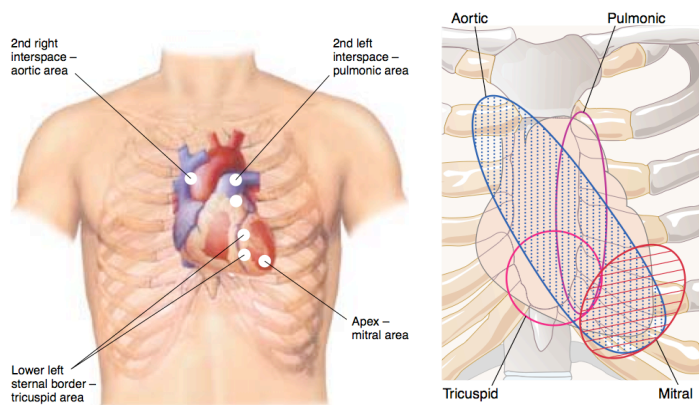
Turgência jugular
Medida da PVC*
Ictus cordis

→ **Palpação:**

Carótida (frêmito, ritmo, frequência)
Pesquisa do reflexo hepato-jugular (presença/ausência)
Impulsão parasternal (presença/ausência)
Ictus cordis (localização, propulsão/impulsão)

→ **Ausulta:**

Carótida (sopro?)
Tórax: 4 focos:



- Ritmo
- Bulhas (fonese de B1 e B2; decúbito lateral esquerdo + campanula para B3/B4)
- Sopros (sistólico vs. diastólico; graduação)

Grade	Description
Grade 1	Very faint, heard only after listener has “tuned in”; may not be heard in all positions
Grade 2	Quiet, but heard immediately after placing the stethoscope on the chest
Grade 3	Moderately loud
Grade 4	Loud, with palpable thrill
Grade 5	Very loud, with thrill. May be heard when the stethoscope is partly off the chest
Grade 6	Very loud, with thrill. May be heard with stethoscope entirely off the chest

*Medida da PVC:

1. Make the patient comfortable. *Raise the head slightly on a pillow* to relax the sternomastoid muscles.
2. *Raise the head of the bed or examining table to about 30°*. Turn the patient's head slightly away from the side you are inspecting.
3. Use *tangential lighting* and examine both sides of the neck. Identify the external jugular vein on each side, then find the internal jugular venous pulsations.
4. *If necessary, raise or lower the head of the bed* until you can see the oscillation point or meniscus of the internal jugular venous pulsations in the lower half of the neck.
5. Focus on the *right internal jugular vein*. Look for pulsations in the suprasternal notch, between the attachments of the sternomastoid muscle on the sternum and clavicle, or just posterior to the sternomastoid. The table below helps you distinguish internal jugular pulsations from those of the carotid artery.
6. *Identify the highest point of pulsation in the right internal jugular vein*. Extend a long rectangular object or card horizontally from this point and a centimeter ruler vertically from the sternal angle, making an exact right angle. Measure the vertical distance in centimeters above the sternal angle where the horizontal object crosses the ruler. *This distance, measured in centimeters above the sternal angle or the atrium, is the JVP.*