5 Minute Neurological Exam

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Disclosures

• None
Neurological Exam

- Mentation and Speech
- Cranial Nerves
- Motor
- Reflexes
- Sensory
- Coordination
- Special Tests
Mentation and Speech

• Alertness, attention
  – “Count out loud to 30”
  – “Copy these hand gestures”

• Language
  – “Using your left thumb, touch your nose, then chin, then your right ear”
  – “Repeat after me: Royal Irish Constabulary”
Cranial Nerves

• Visual fields
  – Test for major hemifield deficit

• Eye movements
  – Follow my finger to the left, then to the right
  – Now follow my finger in to the corners

• Trigeminal
  – Light touch forehead, cheek, just under lower lip
Cranial Nerves

• Facial Nerve
  – Squeeze the soap out of your eyes
  – Show me your teeth, big smile

• Auditory Nerve
  – Skip this in old people

• CN 9, 10
  – Open your mouth and say “Aw”

• Hypoglossal
  – Stick out your tongue and move it side to side
Cranial Nerves

• CN 11
  – Shrug your shoulders and keep them there
  – Turn your head to the left and hold it there
  – Turn your head to the right and hold it there
Motor

• Close your eyes and hold your arms out in front with the palms to the sky
  – Rest for a few seconds

• Hold arms in a circle in front of you and now be strong
  – Test deltoids, biceps, triceps, wrist extensors/flexors, finger extensors/flexors
Motor

• Bend your knee and raise your knee and heel off the bed and be strong
  – Test hip flexors/extensors, knee flexors/extensors, ankle flex/extension, toe extension

• Can test tone while helping patient position their limbs

• Watch for tremor or abnormal movements
Reflexes

• Keep a proper, heavy reflex hammer in the clinic or ER

• Test biceps, triceps, brachioradialis, patellar tendon, Achilles tendon

• Babinski sign
Sensory

- If not too concerned about sensory deficit, then just test light touch in limbs

- If worried about radicular lesion, refer to ASIA sensory examination

- Can test joint position sense in toes and fingers
  - ? B12 deficiency in someone who is ataxic
Coordination

• Romberg sign is present or absent
  – Stand with arms at sides, then close eyes
  – If swaying or obviously less steady, then Romberg sign is present

• Finger-nose and heel-shin testing

• Normal and tandem gait
Special Tests

- Dix-Hallpike

- HINTS