



Lesson 1: How to Perform a Skin Exam

Step 1

- Make sure there is adequate light in the room
- Patient should be in a gown



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Step 2

- Examine entire skin: scalp, mouth, eyes, and nails
- May discover other or unrelated findings that accompany lesions



Step 3

- Palpate lesions:
 - Evaluate tenderness
 - Assess consistency and texture
 - Determine if they are flat or elevated





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Step 4

- Use a magnifying glass
 - Lesion texture
 - Presence of scale

