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
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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