

Required Items

Description	Comments
Stethoscope	<p>A good quality model with the following features:</p> <ul style="list-style-type: none"> - flat diaphragm for high-pitched sounds - bell for detecting low-pitched sounds - comfortable ear pieces. <p>Suggested: Littmann Cardiology III or Littmann Cardiology IV</p>
Reflex hammer	<p>Many varieties are available, but those with rubber triangle head may come apart.</p> <p>Suggested: 'Buck' Neurological Hammer</p>
Sphygmomanometer	<p>Adult size cuff is recommended. Consider packages with multiple size cuffs: child, small adult, adult, and large adult - cost a bit more but they are likely to be worth the investment. Models with twist air-release valves are easier to use than those with a trigger mechanism.</p> <p>Suggested: models with an aneroid pressure gauge</p>
Oto/ophthalmoscope	<p>Combination kits are desirable and larger kits with panoptic ophthalmoscope are better for learning and practicing. Suggested: Diagnostic Set with Ni-Cad Handle</p> <p>PANOPTIC OPHTHALMOSCOPE IS OPTIONAL</p>
Snellen eye chart	<p>Hand-held version of visual acuity card for near vision testing, with pictorial estimates of pupil size. One edge with ruler markings is ideal</p>
Light source	<p>A penlight or light source in the oto/ophthalmoscope set.</p> <p>Suggested: penlight with AAA batteries or two disposable penlights</p>
512 Hz Tuning fork	<p>128 Hz tuning fork is needed for testing vibratory sense. A 512 Hz tuning fork is needed to detect sensorineural deficits</p>
128 Hz Tuning fork	
Watch	<p>Mechanical watch with a second hand or a digital watch with seconds. Essential for determining vital signs as well as being on time</p>

Optional Items

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Ruler	<p>A small ruler calibrated in inches and centimeters (optional). May be combined with the Snellen eye chart for near vision testing</p>
Bag	<p>Leather, canvas, etc. Large enough to hold the contents</p>