

## DATA BASE: PHYSICAL EXAMINATION

### GENERAL APPEARANCE (include general mental status):

#### VITALS:

- < **Temperature:**
- < **Blood Pressure:**
  - < R Arm/Palpation (Systolic)-
  - < R Arm/Auscultation-
  - < L Arm/Palpation (Systolic)-
  - < L Arm/Auscultation-
- < **Heart Rate (by radial pulse palpation):**
- < **Respiration Rate:**

#### HEENT:

- < **Head:**
  - < Configuration-
  - < Hair-
  - < Scalp-
- < **Eyes:**
  - < Sclera-
  - < Conjunctiva-
  - < Fundoscopy:
    - Red Reflex-
    - Disc-
    - Vessels-
    - Background-
    - Macula-
- < **Ears:**
  - < External Ear-
  - < Auditory Canal-
  - < Tympanic Membrane -
- < **Nose:**
  - < Color-
  - < Septum-
  - < Inferior and Middle Turbinates-
- < **Throat and Mouth:**
  - < Teeth-
  - < Tongue-
  - < Gums and Mucosa-
  - < Pharynx and Tonsillar Fossa-
  - < Openings of Stensen's and Wharton's Ducts-

**NECK:**

- < Active ROM-
- < Trachea-
- < Thyroid-
- < Suprasternal Notch-

**BREASTS:**

- < Inspection (Breasts and Nipples)-
- < Palpation (Breasts and Nipples)-

**THORAX & BACK:**

- < Inspection-
- < Percussion-

**LUNGS:**

- < Percussion and Palpation of Lung Fields-
- < Auscultation-

**HEART:**

- < Neck Veins-
- < Carotid Arteries-
  - Palpation (Amplitude and Contour)-
- < Auscultation-
- < Precordium:
  - Inspection-
  - Palpation-
    - PMI (size and location)-
  - Auscultation:
    - S1-
    - S2-
    - Extra Sounds-
    - Murmurs-

**ABDOMEN:**

- < Inspection-
- < Auscultation-
- < Palpation: < Superficial-
  - < Deep-
- < Liver: < Palpation-
  - < Percussion - Size-
- < Spleen: < Palpation-
- < Kidneys: < Left-
  - < Right-

**EXTREMITIES:**

Patient Centered Medicine 2

- < Upper:
  - < Nails-
  - < Palms-
  - < Muscles-
  - < Joints (including ROM):
    - Interphalangeal-
    - Wrists-
    - Elbows-
    - Shoulder-
  - < Radial pulse-
  
- < Lower:
  - < Nails-
  - < Muscles-
  - < Joints (including ROM):
    - Ankle-
    - Knee-
    - Hip-
  - < Pulses:
    - Posterior Tibial-
    - Dorsalis Pedis-
    - Femoral Pulses:
      - Palpation-
      - Auscultation-

**SKIN:**

**LYMPH NODES:**

- < Neck:
  - < Submental-
  - < Submandibular-
  - < Anterior and Posterior Cervical-
  - < Anterior and Posterior Auricular-
  - < Suboccipital-
  - < Supraclavicular-
  
- < Axillary:
  - < Central Axillary-
  - < Pectoral-
  - < Subscapular-
  - < Lateral Axillary-
  
- < Epitrochlear:
  
- < Superficial Inguinal (horizontal and vertical):

**NEUROLOGIC:**

- < Mental Status:

- < Cranial Nerves:
  - II: Visual Acuity-  
Visual Fields-
  - II and III: Pupillary Reaction to Light-
  - III, IV, VI: EOM-
  - V: Light Touch Face-
  - VII: Wrinkle Forehead, Show Teeth-
  - VIII: Hearing-
  - X: Uvula/Cough-
  - XI: Trapezius/SCM-
  - XII: Protrude Tongue-
  
- < Motor System:
  - < Biceps Muscle-
  - < Triceps Muscle-
  - < Wrist Extension-
  - < Wrist Flexion-
  - < Hand Grip-
  - < Hip Flexion-
  - < Knee Extension-
  - < Knee Flexion-
  - < Ankle Dorsiflexion-
  - < Ankle Plantarflexion-
  
- < Sensory:
  - < Light Touch-
  - < Sharp/Pain-
  - < Position-
  - < Vibration-
  
- < Reflexes:
  - < Biceps (C5-6)-
  - < Triceps (C5-6)-
  - < Brachioradialis (C5-6)-
  - < Knee (L2-4)-
  - < Ankle (S1)-
  - < Pathological - Plantar Response-
  
- < Coordination:
  - < Gait-
  - < Tandem Walking-
  - < Finger to Nose to Finger-
  - < Rapidly Tap Index Fingers-
  - < Heel to Shin-

**GENITAL EXAM (MALE):**

- < Penis:            < Inspect:
  - Meatus-

- Glans-
- Shaft-

- < Palpate:
  - Glans-
  - Shaft-

- < Scrotum:
  - < Inspect-
  - < Palpate:
    - Testes-
    - Epididymis-
    - Spermatic cord-

- < Perineum: < Inspect-

- < Ing. Hernia: < Palpate-

**RECTAL AND PROSTATE EXAM (MALE):**

- < Inspect Anus-
- < Digital Exam of Rectum-
- < Digital Exam of Prostate-
- < Stool for Occult Blood-

**GYNECOLOGIC EXAM (FEMALE):**

- < Inspection of External Genitalia and Perineum-
- < Inspection of Cervix and Vagina-
- < Bimanual Exam-
- < Rectovaginal Exam-
- < Stool for Occult Blood-