

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)-

HEART:

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

THORAX & BACK:

- < Inspection-
- < Percussion-

LUNGS:

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

ABDOMEN:

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

EXTREMITIES:

- < 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-