

**PHYSICAL EXAMINATION**

Patient in a gown, may wear underwear; no breast, genital, or rectal exams

Needs: coffee grounds, ophthalmo/otoscope, tuning fork (256), hammer, stethoscope, flow meter

#1 (vital signs) by RN/LPN/GCRC;

#2-17 by MD- Dr. A- office:xxx-xxxx; beeper #xxxx; home xxx-xxxx

Dr. B- office: xxx-xxxx; beeper #xxx; home xxx-xxxx

Date\_\_\_\_\_ Name\_\_\_\_\_ ID#\_\_\_\_\_ Medical Record # \_\_\_\_\_

**1. Vital signs (by RN/LPN):**

height \_\_\_\_\_ waist \_\_\_\_\_ weight \_\_\_\_\_ hip 1st \_\_\_\_\_ 2nd \_\_\_\_\_

temp \_\_\_\_\_ pulse \_\_\_\_\_ resp rate \_\_\_\_\_

BP (sitting): 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ Avge \_\_\_\_\_

Peak flow \_\_\_\_\_

Visual acuity R \_\_\_\_\_ L \_\_\_\_\_ Glasses R \_\_\_\_\_ L \_\_\_\_\_

**2. General**

Sex M F Relative weight: normal, average, obese, thin, cachectic

Grip Strength: R \_\_\_\_/\_\_\_\_/\_\_\_\_ L \_\_\_\_/\_\_\_\_/\_\_\_\_ Dominant Hand: R / L

Apparent age: average, older, younger

Race: white, black, hispanic, amer indian, east indian, asian, other

Attitude toward examination: relaxed, average, nervous

**3. Integument:**

Skin: color: normal, jaundice, pallor, cyanosis, incr/dcr pigmentation, erythema, freckled

temperature: average, warmer, cooler

texture: average, thicker, thinner

moisture: average, moister, drier

lesions: acne, hives, keratoses, petechia, telangiectasia, nodules, scars, striae, tatoos, cuts, burns, self-induced:

History Volunteered by Respondent

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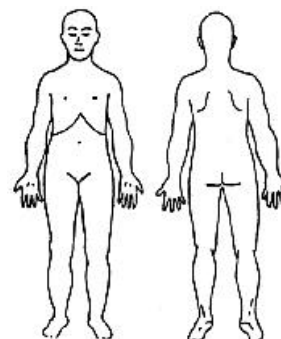
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Nails: pigmentation: average, darker, lighter  
 length: within 2mm of end of finger; shorter; longer; false; bitten  
 lesions: subungual hemorrhages, fungi, paronychia, ragged-cuticles  
 lines: transverse (across nail/Mees') lines, vertical (axial) lines  
 white areas per nail: none, LT 1, more than 1; (nail polish)

Hair: distribution (decreased): normal, male pattern, patchy alopecia,  
 texture: average, thinner, thicker  
 color: brown, blond, red, other  
 grey: 25, 50, 75, 100 %

<b>4. Lymph:</b>	<u>avg size</u>	<u>consistency</u>	<u>tender</u>	<u>mobility</u>	<u>sinus</u>
cervical	_____cm	soft,hard,rubber	+ / -	mobile / fixed	+ / -
occipital	_____cm	soft,hard,rubber	+ / -	mobile / fixed	+ / -
supraclav	_____cm	soft,hard,rubber	+ / -	mobile / fixed	+ / -
axillary	_____cm	soft,hard,rubber	+ / -	mobile / fixed	+ / -
epitrochl	_____cm	soft,hard,rubber	+ / -	mobile / fixed	+ / -
inguinal	_____cm	soft,hard,rubber	+ / -	mobile / fixed	+ / -

**5. Skull:** size: average, larger, smaller  
 tenderness: none; R / L temporal; R / L parietal; R / L occipital; vertex  
 bruit: none; R / L temporal; R / L parietal; R / L occipital; vertex

**6. Eyes:** normal, protuberance, strabismus  
 extraocular movements: normal; abnormal - R, L, upper, lower  
 nystagmus (gaze): normal; R, L, upper, lower  
 lid lesions: normal; telengectsia, ulceration, erythema, blepharitis (R / L)  
 sclerae: clear, malacia (R / L)  
 conjunctivae: pink, injected (R / L)  
 cornea: clear, cloudy, pterygium (R / L)  
 pupils: normal; size, equality, regularity, reactions to light and accommodation (R / L)  
 ophthalmoscopic examination: within normal limits  
     vitreous: clear, floaters  
     discs: average, abnormal  
     retina: normal, scars, hemorrhages, exudates, macula,  
         pigmentation: average, increased, decreased  
     vessels: average, AV crossing, silver/copper wiring

**7. Ears:**  
 Hearing (finger rub, tuning fork): normal; R / L decreased  
 Bone conduction (tuning fork): normal; R decreased / L decreased  
 Pinnae: no crease, "ear crease" erythema, ulceration, hairy (R / L)  
 External canal: normal, erythema, discharge, occlusion (0, 25, 50, 75, 100%) (R / L)  
 Drum: average, erythema, perforation, discharge (R / L)

**8. Nose:**  
 Mucous membranes:

moist, dry, erythema, obstruction, polyps, discharge, septum (dev, perf)  
 Sinus tenderness: normal; R / L maxillary; R / L frontal

### 9. Mouth:

Lip color: average, darker, lighter (lipstick)

Lip moisture: average, moister, dryer

Lip lesions: none, sores, venous lakes, cheilosis

Odor of breath: average, sweet, fetid, (candy or gum)

Salivary pool: average, decreased, increased

Tongue: size: average, larger, smaller

pigmentation: average, darker, lighter

position: midline; L / R deviation

papillae: average, larger, smaller

fissures: average, larger, smaller

coating: average, white, yellow

lesions: none; tremor, grey, white, red (number\_\_\_\_\_ and size\_\_\_\_\_)

Teeth: number remaining, approx (0, 10, 25, 50, 75, 100%),

condition: carious, fillings (none, 1, 10 25, 50, 75%)

alignment: excellent, moderate, extensive (malalignment)

upper and/or lower plate

Gums: pigmentation: average, darker, lighter

lesions: none, ulceration, bleeding, infection, lead line

Buccal mucosa:

pigmentation: average, darker, lighter

lesions: none, grey, white, red (number\_\_\_\_\_ and size\_\_\_\_\_)

Torus none

### 10. Throat:

Position of uvula: midline, R / L deviation, bifid

Posterior pharynx:

pigmentation: average, darker, lighter

lesions: none, grey, white, red (number\_\_\_\_\_ and size\_\_\_\_\_)

Tonsils: absent, 1/4 to uvula, 1/2 to uvula, touch uvula, meet in center

Voice quality: average, higher pitch, lower pitch, hoarse

### 11. Neck:

ROM: full, restricted (rotation, lateral, forward, backward)

Tenderness, masses

Thyroid size: average, goiter, smaller, nodules (number\_\_\_\_\_ and size\_\_\_\_\_)

Bruit: none, R / L

Tracheal position: midline, R / L deviation

Salivary glands: average, larger, smaller

### 12. Thorax and lungs:

Inspection (contour): average, excavatum, pidgeon, scoliosis, kyphosis

Palpation: normal, tenderness, fremitus

Percussion (resonance): average, decreased, increased

Auscultation: normal, slow, rapid-deep, rapid-shallow, Cheyne-Stokes  
 rales (coarse / fine): LR / LL / UL / UR  
 wheezes: LR / LL / UL / UR  
 friction rubs: LR / LL / UL / UR

### 13. Cardiovascular:

Inspection and palpation:

jugular (30 degree): 3cm above sternal angle, LT 1cm, GT 5cm  
 apical impulse: Mid Clav line/5-6IC space; lat./down displacement  
 GT 3 cm diam, thrill, lift, heave, bisferens (2 peaks)  
 not detectable (adipose, breast)

Auscultation:

rhythm: regular, irregular, regularly irregular  
 S1: average, louder, quieter; split  
 S2: average, louder, quieter; split inspiration (NL), split expiration  
 S4: R / L  
 S3: R / L  
 opening snap, mid systolic click

Murmurs (1=barely detectable - 6=heard with scope above chest):

Systolic: \_\_\_\_/6; flow; aortic sclerosis  
 AS (midsys, rad carotid), MR (holosys, rad axilla)  
 Inc Valsalva/Decr leg lift (IHSS); Incr inspiration (PS, TR)  
 Diastolic: \_\_\_\_/6; AR (high pitch), MS (low rumble)  
 Continuous: harsh, soft, high-pitched, low-pitched, machinery

Friction rub

Pulses (character = 0-4+): thrill, bisferens, alternans

	R	L
carotid	_____	_____
brachial	_____	_____
radial	_____	_____
femoral	_____	_____
popliteal	_____	_____
dorsalis pedis	_____	_____
posterior tibial	_____	_____

Peripheral vascular: normal, thickening / tortuosity of peripheral arterial walls;  
 Arterial bruits- none; R / L carotid; R / L axillary; R / L abdominal; R / L inguinal  
 Venous distension, pulsation, tenderness, or inflammation.  
 Abnormal venous pattern over chest / abdomen.

**14. Abdomen:** normal, obese

Inspection: contour, abnormal venous structures, peristalsis, scars. Palpation and Percussion: tenderness, spasm, masses, shifting dullness

location: UL / UR / LL / LR

Organs: Liver\_cm span; Edge: not detectable, soft, hard, nodular, tender, ballotable  
 gallbladder, spleen, kidneys, uterus, bladder; Aorta (\_\_\_\_\_cm)

Hernias: umbilical; R / L groin

Auscultation: nl peristalsis, boborygmi, bruit, succussion splash.

### 15. Musculoskeletal: normal

Muscles: normal, tremor, atrophy, fasciculation.

Spine: normal, contour, motion, tenderness.

Joints: normal, deformities crepitation, rom, swelling, tenderness, heat, redness.

Tender points: cervical, etc

none

Extremities: normal, clubbing, edema, varicosities

### 16. Mental status:

Grooming: average, very well, lower, disheveled

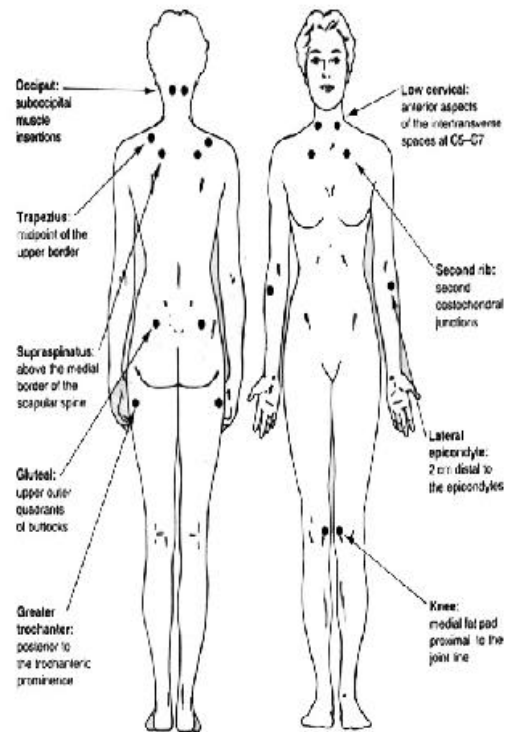
Affect: average, exuberent, flat

Activity: average, hyper, subdued

Speech: average, talkative, subdued, pressured

Mood: average, depressed, euphoric, resentment, anxiety, lability

Sensorium: normal, orientation (time, place, person)



fear,

**17. Neurologic:**

right-or left-handed.

Cranial nerves (circle if abnormal):

Normal

- ☐ I. Recognition of odors (coffee grounds)  
☐ II. Visual fields, optic discs (above)  
☐ III,IV,VI. Pupillary size and reactions, eyelid droop, extraocular movements, lid lag  
☐ V. Sensations of face (light touch), clench teeth  
☐ VII. Facial muscles (smile; wrinkle forehead; blow-out cheeks)  
☐ VIII. Hearing (bone and air conduction, Weber's test)(done above)  
☐ IX. Gag reflex  
☐ X. Say AH (Weakness of soft palate, deviation of uvula)  
☐ XI. Shrug shoulders normal; abnormal R / L  
☐ XII. Stick out tongue; Say (la, la, la; k, k, k; em, em, em)

Posture: average, slumps, straighter

Gait: average, antalgic

Abn: tremors, tics, chorea

Coordination: normal; (abnormal)- Finger to nose, heel to knee, past pointing, Romberg, ataxia

Location: R / L UE; R / L LE

Motor system: normal; (abnormal)- strength, tone, volume, contractures, localized spasm.

Location: R / L UE; R / L LE

Reflexes:                      R                      L  
 biceps \_\_\_\_\_ (clonus)  
 quad \_\_\_\_\_ (clonus)  
 ankle \_\_\_\_\_ (clonus)  
 Plantar flexion / Dorsiflexion / Withdrawal / No response

Sensation (circle if decreased):

Light touch: normal R / L UE; R / L LE  
 Pin prick: normal R / L UE; R / L LE  
 Temperature: normal R / L UE; R / L LE  
 Position: normal R / L UE; R / L LE  
 Vibration: normal R / L UE; R / L LE

Autonomic: normal, sweating, vasomotor changes, trophic disturbances

Location: R / L UE; R / L LE