System/Region Physical Examination Procedures

General Survey and Vital Signs

Basic Components
Vital Signs
Physical Appearance
Body Structure
Mobility
Behavior

Vital Signs
Temperature
Pulse
Respirations
Blood Pressure
Pain

Physical Appearance
Age
Gender
LOC
Skin Color
Facial Features

Body Structure
Stature
Nutrition
Symmetry
Posture
Position
Body Build, contour

Mobility
Gait
ROM
Praxis

Behavior
Facial expression
Mood and Affect
Speech
Skin and Integumentary System

Basic Components
- History
- Hair
- Skin
- Nails

History
- Diseases (psoriasis, etc.)
- Injuries
- Sun exposure
- Family history
- Usual care
- Symptoms (ROS)

Hair
- Color
- Pattern: length, distribution, loss
- Texture

Skin
- Color
- Capillary Refill
- JVD
- Turgor
- Lesions: ABCD

Nails
- Shape
- Color
- Texture
Cardiovascular

Basic Components
History
Skin
Vital Signs
Heart
Peripheral Pulses

History:
Events (MI, CVA)
Family history
Risk factors: modifiable and nonmodifiable
Symptoms (ROS)

Skin:
Color
Capillary Refill
JVD
Turgor

Vital Signs:
HR
BP

Heart
Insepct Precordium
Palpate apical impulse
Percuss (for size, usually not done)
Auscultate: apical pulse
diaphragm correct order
with bell (reason) and maneuvers

Peripheral Pulses
Palpate: which ones
Auscultate: which ones
Homan’s Sign
Respiratory

Basic Components
  History
  Skin
  Vital signs
  Chest/Lungs

History
  Illnesses and diseases
  Family history
  Symptoms (ROS)

Skin
  Color
  Nails (spoonbill)

Vital Signs
  Respiratory rate
  Pulse oximetry

Chest/Lungs
  Inspect
    Posture
    Breathing pattern
    Effort
    Configuration of chest/rib cage
      Shape
      PA/Lat ratio
      Retractions
      Symmetry
  Palpate
    Tactile Fremitus
    Expansion
  Percussion
    Sound
    Diaphragmatic excursion
  Auscultate
Abdomen

**Basic Components**
- History
- Inspection
- Auscultation
- Tenderness
- Masses
- Organs

**History**
- Illnesses
- Symptoms (ROS)

**Inspection**

**Auscultation**
- Arteries
- Bowel Sounds

**Tenderness**
- Light palpation

**Masses**
- Deep palpation

**Organs**
- Palpate liver
- Percuss liver size (usually not done)
- Palpate spleen
- Palpate kidneys (usually not done)
- Costovertebral angle tenderness

**Special tests and maneuvers**
- Rebound tenderness
- Iliopsoas test
- Obturator test
- Murphy’s sign
Musculoskeletal

Basic Components
- History
- Inspection
- Palpation
- ROM
- Strength Testing
- Flexibility

History
- Diseases
- Injuries
- Usual care
- Symptoms (ROS)

For each body area, conduct inspection, palpation, ROM, and strength testing: Superior to inferior; proximal to distal:
- Neck
- Shoulders
- Elbows
- Wrists
- Hands
- Fingers
- Hips
- Knees
- Ankles
- Feet
- Toes
- Back
Neurological

Basic Components
- History
- Mental status examination
- Cranial nerves
- Sensory examination
- Motor examination
- Cerebellar
- Deep tendon reflexes

History
- Diseases
- Family history
- Symptoms (ROS)

Mental Status Examination
- LOC
- Orientation
- Memory
- Abstract thought
- Judgment

Cranial Nerves

Sensory Examination
- Spinothalamic tract:
  - Sharp or dull
  - Temperature
  - Light touch
- Posterior columnar tract
  - Vibration
  - Position
  - Tactile discrimination

Motor examination
- Size
- Strength
- Tone
- Involuntary Movement

Cerebellar
- Balance
- Coordination

Deep Tendon Reflexes
Head, Eyes, Ears, Nose, Throat, Neck

History
Diseases
Injuries
Symptoms (ROS)

Head:
Inspect Head & Face
Palpate Skull

Eyes
Visual Acuity
Visual Fields Test
Inspect eye, brow, lids, sclera, iris, pupil, conjunctiva
Test EOM (cardinal directions of Gaze)
Corneal Light reflex (symmetry)
PERRLA
Eye Fundal exam

Ears
Inspect Pinna
Palpate for tenderness
Whisper test
Otoscope EAC & TM
Rhinne test
Weber Test

Nose
Inspection of shape and nares
Palpate sinuses
Inspect nostrils

Mouth & Throat
Inspect lips, teeth, gums, buccal mucosa, tongue
Inspect tonsils, uvula, laryngeal wall

Neck
Inspect for symmetry, bulges
Palpate lymph nodes (in order!)
Palpate Thyroid Gland
Breast and AnoGenital Examination

Breast
  Inspection (Maneuvers)
  Palpation

Pelvic Examination
  Inspect and palpate labia
  Speculum examination
    Visualize cervix
    Swab and Pap
  Bimanual examination

Male Genital examination
  Inspect penis
  Palpate penis
  Inspect scrotum
  Palpate scrotum
  Palpate for hernias

Anorectal Examination
  Inspect anus
  Palpate prostate (if male)
  Digital sweep
  Fecal occult blood test