



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

- Inspect 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