

QUESTIONS: ROS (cont.)

Female Genital: Menses/Menopause, Pregnancies/Abor, Dysmeno / Menorrhagia, Dysparunia, Infertility

-Breast / Vagina: Pain, Discharge, Sores, Pruritis

-Breast Swelling, Lst Exam (Self/Profess), Mammogram

-Vagina: Last Exam, Pap Smear, Abnml Paps

Male Genital: Hernia, Penile/Scrotal Ulcer, Pain, Lumps, Swelling, Discharge, Erect Dysfunc, Testes Self-Exam, Prostate Exam, PSA

ADLS	IADLS
Bathing	Using Telephone
Dressing	Shopping
Toileting	Preparing Food
Transferring	Housekeeping
Continence	Laundry
Feeding	Transportation
Managing Money	Taking Medicine

Geriatric Depression	Yes	No
Are you basically satisfied with your life?		
Have you dropped activities/interests?		
Do you often get bored?		
Are you in good spirits most of the time?		
Do you feel happy most of the time?		
Do you prefer to stay home, rather than going out and doing new things?		
Do you have trouble concentrating?		
Do you think it is wonderful to be alive?		
Do you feel full of energy?		
Do you think that most people are better off than you?		
Score, Add up Any Boxes in Grey (0 – 10 Score)		

PHYSICAL EXAM (Side 2)

Patient Sitting

- Muscle Strength of Hips (Ab-/Ad-Duct, Flex, Extend)
- Muscle Strength of Knees (Flex/Extend)
- Muscle Strength of Ankles (Dorsiflexion/Plantarflex)
- Light Touch / Pain Sensation Lower Extremities
- Vibratory Snsition & DTRs (Patella, Achilles, Plantar)
- Cerebellar Function- Rapid Wmmts & Heel to Knee

Chest

- I/P & Percuss Anterior Chest
- I/P & Percuss Posterior Chest
- Posterior Chest Expansion
- Diaphragmatic Excursion
- Tactile Fremitus
- Post: Auscultate/Egophany/Bronchophany/Whisper
- Anterior: Auscultate
- Auscultate Carotid Arteries, Palpate Carotid Arts
- Palpate PMI
- Auscultate with Diaphragm (Aortic/Pulmonic)
- Re-Auscultate with Patient Leaning Forward

Chest- Patient Lying

- Auscultate w/ Diaphragm (Aortic, Pulmonic, Tri & Mitral)
- Auscultate Mitral With Patient in Left Lateral

Patient Lying- Abdomen

- Inspect Abd for Contour, Skin Changes
- Auscultate all Quadrants of Abd
- Auscultate Aorta & Renal Arteries
- Percuss Four Quadrants of Abd
- Palp Four Abd Quadrants (Superficial & Deep)
- Percuss Liver (Measure Liver Size)
- Percuss Spleen
- Palpate Inguinal Lymph Nodes
- Auscultate & Palpate Femoral Arteries
- Palpate Lower Pulses (Popliteal, Dorsalis, Pedis, P. Tib)
- I/P Hips
- I/P Knees
- I/P Ankles/Feet
- ROM Hips (Flex/Ext, Ab-/Ad-Duct, Int/Ext Rotation)
- ROM Knees (Flex & Extend)
- ROM Ankles & Toes (Flex/Extend, Invert, Evert)

Patient Standing

- I/P Spine & Back Muscles
- Test ROM of Spine (Flex/Extend, Rotation, Lat Bend)
- Test Gait (Walking, Tandem, Toe, Heel)
- Perform Romberg & Pronator Drift
- Have Patient Circle w/ Eyes Closed for Balance

Labs

Age	RBC	Hb	HCT	MCV	MCH	RDW	WBC	Ttl Neu	Segs	Bands	Lymph	Mono	Eos	Baso
NWBm	4.1-6.7	15-24	44-70	102-115	33-39	4.1-6.7	9.1-34	6-23.5	6-20	<3.5	2.5-10.5	<3.5	<2.0	<0.4
1-23 mos	3.8-5.4	10.5-14	32-42	72-88	24-30	11.5-16	6-14	1.1-6.6	1-6	<1.0	1.8-9	<1.0	<0.7	<0.1
2-9 Yrs	4.5-3	11.5-14.5	33-43	76-90	25-31	11.5-15	4-12	1.4-6.6	1.2-6	<1.0	1.5-5	<1.0	<0.7	<0.1
10-17 Yr Male	4.2-5.6	12.5-16.1	36-47	78-95	26-32	11.5-14	4-10.5	1.5-6.6	1.3-6	<1.0	1-3.5	<1.0	<0.7	<0.1
10-17 Yr Female	4.1-5.3	12-15	35-45	78-95	26-32	11.5-14	4-10.5	1.5-6.6	1.3-6	<1.0	1-3.5	<1.0	<0.7	<0.1
>18 Yr Male	4.7-6	13.5-18	42-52	78-100	27-31	11.5-14	4-10.5	1.5-6.6	1.3-6	<1.0	1.5-3.5	<1.0	<0.7	<0.1
>18 Yr Female	4.2-5.4	12.5-16	37-47	78-100	27-31	11.5-14	4-10.5	1.5-6.6	1.3-6	<1.0	1.5-3.5	<1.0	<0.7	<0.1

Lipase: 100-190 U/L

Alk P: 30-120 U/L

Anion Gap: 8-16 | 10-20 mEq/L

Bicarb: 22-28 (A) | 20-25 (<2y)

Bili (Ttl): ≤ 1.0 mg/dL

BNP: 80-100 pg/mL

BUN: 10-20 mg/dL

Calcium: 9.0-10.5 mg/dL

CO₂: 21-30 | **pCO₂:** 35-45

Chloride: 98-106

Creatine K: 60-400 (m) | 40-150 (f)

LDH: 100-190 U/L

Mg: 1.8-3.0 mg/dL

O₂ (Ven): 60-85%

O₂ (Art): 96-100%

PO₂: 80-100

pH: 7.38-7.44

Potass: 3.5-5.0

Sodium: 135-145

T4: 4.5-10.9

Item	Target	High	Borderline	Low
Cholesterol (Total)	< 200	≥ 240	200-239	----
HDL	≥ 60	----	----	< 40
LDL	< 100	> 160	100-129	< 40