

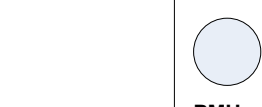
PHYSICAL EXAM (Side 1)

Patient Sitting

- I/P Head / Scalp / Face
- Palp sinuses (Frontal / Maxillary)
- Inspect Eye Lids/ Conjunctiva / Sclera
- I/P Nose
- I/P Ears (Auricle, Pinna, Tragus, Mastoid)
- Palp Submental, Submandibular, Tonsillar Nodes
- Palp Pre-Auricular, Post-Auricular, Occipital Nodes
- Test Visual Acuity
- Near Reflex Test
- Extraocular Mvmts & Convergence (CN III, IV, VI)
- Visual Fields by Confrontation (CN II)
- Pupil Response (Direct/Consensual)
- Inspect Nasal Mucosa
- Inspect Oral Cavity (Mucosa, Tonsils, Palates)
- Check for Midline Tongue Protrusion (CN XII)
- Elevation of Soft Palate/Uvula (CN IX & X)
- Clench Teeth, Close Eyes, Puff Cheeks (CN VII)
- Test Smell (CN I)
- Hearing- Finger Rub, Weber, Rinne (CN VIII)
- Inspect Ears Canals & Otoscopic Exam
- Fundoscopic Exam (CN II)
- Cerebellar Func Test (Rapid-Alt Mvmts, Finger to Nose)
- Light Tough, Pain, Motor (CN V, Trigeminal Nerve)

Patient Sitting

- I/P Neck
- Palp Ant/Post/Superficial Cervical Nodes
- Palp Supraclavicular Nodes
- I/P for Tracheal Deviation
- Palp Thyroid (from behind)
- Shoulder Shrug (CN XI)
- Test ROM Neck (Flex, Ext, Rotate, Lateral Bend)
- Test Neck Muscle Strength
- I/P Shoulder
- Test ROM Shoulder (Flex/Ex, Ab-/Ad-Duct, Int/Ext Rot)
- Muscle Strength Arms/Shoulders
- Palp Axillary/Epitrochlear Nodes
- I/P Elbows/Wrist
- Test ROM Elbow (Flex/Ex, Supinate, Pronate)
- Palp Upper Extremities Pulses (Radial/Brachial)
- Muscle Strength of Forearm (Flex/Extend)
- Test ROM Wrist (Flex/Ex, Ulnar/Radial Deviation)
- Muscle Strength Wrists (Ab-/Ad-Duct, Flex/Extend)
- I/P Hands & Fingers
- Sensation- Light Touch (Upper/Lower Extremities)
- Sensation- Pain (Upper/Lower Extremities)
- Vibratory Touch & DTRs



QUESTIONS: Overall

HPI: OPQRST

- PMHx:** Gen Health, Illness/Injuries., Surg/Hosp, Meds/Herbals, Allergies, Immun, Last MD Visit
- PsychoSoc:** Marital, Living Arrange, Occupation, Employment Status, Driving?
 - Tobac:** Cigarettes/Other, Packs/Day, Yrs, Quit Interest
 - Drug Use:** Recreational/Needles to Inject
 - Sex:** Active, Prtnrs/Type/Concerns, Birth Cntrl, STI hx
 - Spouse / Kids / Family**
 - Exercise / Diet /Stress / Hobbies**
- Fam Hx:** Mother / Father / Sibs / Kids (Age/Health Status)
- Fam Hx of:** Hrt DS / HTN / Stroke / CA / DM / This Prob

ROS

- Gen:** Fever, Chills, Wt. Δ , Fatigue, Diet/Appetite Δ
- Breath:** SOP/Diff Breathing, DOE, Wheeze, Cough, CXR, Sputum, Hemoptysis, Hx Asthma/ Breathing Diff, Hx TB
- Cardio:** CP/Discmfrt, Palpitations, Edema, Cyanosis, Syncope/Pre-Sync, Orthopnea/PND, Claudication/Cramp, Hx DVT, Hair loss, Hx Rheumatic Fvr
- MSK:** Muscle or Joint: Pain / Weakness / Stiffness, Limited ROM, Change in Muscle Mass, Joint Deformities, Hx Arthritis, Hx Osteoporosis

Neuro: HA, LOC, Mem Loss, Dizziness, Mood Changes, Numbness/Tingle, Vertigo, Burning, Tremor, Ataxia, Gait, Balance, Hx. of Migraines / Stroke / Seizures

GI: Abd Pain/Discomfort, Indigestion, N/V, Diarrhea, Constipation, Δ Stools, Jaundice, Burp/Fart, Hmrrhoids, Hematemesis/Hematochezia/Melenia, Last Colonoscopy

HEENT/Neck: Hearing Loss/Changes, Tinnitus, Ear Pain, Rhinorrhea/Discharge, Sinus Pain/Stuffi, Epistaxis, Allergy, Dry/Hoarsness/Pain Mouth/Throat, Gum DS/Ulcer, Trouble Swallowing/Speaking
 -**Eye:** Tearing/Discharge, Dble/Blurred Vision, Vision Δ , Pain, Redness, Pruritis, Dryness, Spots/Specks/Flashes, Contacts/Glasses/Last Eye Exam, Limits to ADLS

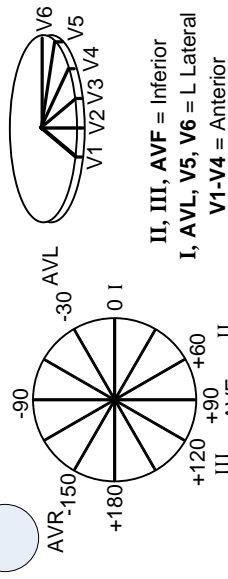
Skin: Rash, Pruritis, Dryness, Δ Mole/Hair/Nails, Lumps, Sores, Sun Exposure, Sunscreen Use

Endo: Heat/Cold Intolerance, Excess Thirst/Hunger, Excess Sweat, Bruise/Bleed Easily, Δ Shoe/Glove Size, Hx. Anemia / Transfusion / Thyroid DS

Urine: Frequency / Urgency / Dysuria / Burning, Incontin, Hesistancy / Decreas Stream, Nocturia, Polyuria, Suprapubic / Flank / Loin Pain, Hx Stone / UTI

Psych: Mood Changes, Depression, Nervous/Anxiety, Suicidal Ideation

EKG



L Anterior Hemiblock = L Axis Deviation
L Posterior Hemiblock= R Axis Deviation (No QRS Widening)
 Extreme R Axis
 Normal R Axis
 L1 & AVF

- RVH (Need All)**
 - R Axis Deviation
 - V1 R Height > S Wave Depth
 - V5 or V6 S Wave > Than R
- LVH (Need One)**
 - V1 & V5 R Wave > 35mm
 - R Wave in V5 > 25mm
 - R Wave in V6 > 18mm
 - R Wave in V6 > R Wave V5
- R Atrial Enlargement**
 - Lead II P Wave > 2.5mm
- L Atrial Enlargement**
 - Lead II P Wave > 1 box
 - Deep & Wide

Mls & Coronary Arteries

- Left Anterior Descending = V1 - V4**
- Left Circumflex = I, aVL, V5 - V6**
- Left Main = I, aVL, V1 - V6**
- Right Coronary = II, III, aVF**
- Bundle Branch Blocks**
- R Bundle Branch =** Wide QRS, RSR Pattern in V1-V2, Late S Wave in V5-V6
- L Bundle Branch =** Wide QRS, Deep S Waves in V1-V2, Notched R Waves in V5-V6



- QT Prolongation may =** Hypocalcemia
- QT Shortening may =** Hypercalcemia
- Heart Sounds**
- S1 =** Mitral (L MCL 5ICS) / Tricuspid (L Stern 4-5 ICS)
- S2 =** Aortic (2nd R ICS) / Pulmonic (2nd L ICS)
- S3 (LV Dysf/CHF) =** Lub (S1) ... Du (S2) ... Dub (S3)
- S4 (LV D/CHD) =** Bu (S4) ... Lub (S1) ... Dub (S2)
- Aortic Stenosis =** Crescendo/Decrescendo
- Mitral Regurg =** Holosystolic (High-Pitch Blowing)
- Aortic Regurg =** High-Pitch Blow/Decreschen @ S2
- Mitral Regurg =** Low-Pitch Rumble Mid-Diastolic