

PHYSICAL EXAMINATION
WITH ALL NORMAL FINDINGS
(COMPLETE H&P)

GENERAL APPEARANCE: (include general mental status)
45 y/o female who is awake and alert and who appears healthy and looks her stated age

VITALS

- ▶ Temperature: 37.5° C oral (*list the site where the temperature was taken, i.e., oral, rectal, tympanic membrane, axillary*)

- ▶ Blood Pressure:
 - ▶ R Arm/Palpation (Systolic) - 120
 - ▶ R Arm/Auscultation- 126/70
 - ▶ L Arm/Palpation (Systolic) - 122
 - ▶ L Arm/Auscultation- 126/70(*Document if you need to use a large cuff or thigh cuff for an obese arm.*)

- ▶ Heart Rate by radial pulse palpation: 80 regular (this implies 80 beats/minute)

- ▶ Respiration Rate: 14 (again this implies 14 breaths/minute)

HEENT

- ▶ Head:
 - ▶ Configuration- normocephalic
 - ▶ Hair- normal texture
 - ▶ Scalp- θ lesions, tenderness

- ▶ Eyes:
 - ▶ Sclera- white
 - ▶ Conjunctiva- pink
 - ▶ Fundoscopy-
 - Red Reflex: present
 - Disc: round, sharp margins, nl color
 - Vessels: nl caliber, A/V ratio ~ 2:3
 - Background: θ abn pigmentation, hemorrhages or exudates
 - Macula: visualized

- ▶ Ears:
 - ▶ External Ear- θ lesions, masses, tenderness
 - ▶ Auditory Canal- normal
 - ▶ Eardrum- TM's gray, translucent, with nl light reflex

- ▶ Nose:
 - ▶ Color- pink θ discharge
 - ▶ Septum- midline
 - ▶ Inferior and Middle Turbinates – normal

- ▶ Throat and Mouth:
 - ▶ Teeth: Present and in good dentition
 - ▶ Tongue: θ lesions
 - ▶ Gums and Mucosa: θ swelling, bleeding, infection
 - ▶ Pharynx and Tonsillar Fossa: normal
 - ▶ Openings of Stensen's and Wharton's Ducts: identified

NECK

- ▶ Active ROM: nl flexion, extension, lateral rotation and tilting
- ▶ Trachea: midline, mobile
- ▶ Thyroid: non-palpable or palpable, nl size & consistency, θ lesions
- ▶ Suprasternal Notch: θ pulsation

BREASTS

- ▶ Inspection (Breasts and Nipples)- nl size, symmetrical--nipples symmetrical and everted
- ▶ Palpation (Breasts and Nipples)- θ masses, nipples θ discharge

THORAX & BACK

- ▶ Observation: symmetrical expansion with respiration
- ▶ Percussion: θ spinal tenderness, θ CVA (costovertebral angle) tenderness (Comment of findings regarding CVA tenderness under abdomen – see example *)

LUNGS

- ▶ Percussion and Palpation of Lung Fields- nl resonant percussion
- ▶ Auscultation- clear, nl vesicular breath sounds
(An accepted abbreviation for normal lung Percussion & Auscultation is “Clear to A&P”)

HEART

- ▶ Neck Veins- θ JVD at 45°
- ▶ Carotid Arteries:
 - Palpation (Amplitude and Contour)- nl upstroke & amplitude bilaterally
 - Auscultation: θ bruits
- ▶ Precordium:
 - Inspection- θ lifts or heaves - PMI not visible
 - Palpation- θ parasternal impulses, θ thrills
 - PMI- palpable in 5th ICS, MCL; nl size
 - Auscultation:
 - S1- heard best at apex, nl intensity
 - S2- heard best at base, nl splitting, $A_2 > P_2$
 - Extra Sounds- θ S₃, S₄
 - Murmurs- θ murmurs

ABDOMEN

- ▶ Observation: scaphoid θ scars, striae
- ▶ Auscultation: nl bowel sounds, θ bruits
- ▶ Palpation:
 - ▶ Superficial- θ tenderness, masses, guarding
 - ▶ Deep- θ tenderness, masses
- ▶ Liver:
 - ▶ Palpation- liver edge not palpable

- ▶ Percussion - Size- ~10 cm in R midclavicular line
- ▶ Spleen:
 - ▶ Palpation- non palpable
- ▶ Kidneys:
 - ▶ Left- non palpable
 - ▶ Right- non palpable
 - ▶ No costovertebral angle tenderness
- ▶ Femoral Pulses:
 - ▶ Palpation- 2+, nl and symmetric
 - ▶ Auscultation- 0 bruits

EXTREMITIES

- ▶ Upper:
 - ▶ Nails-0 cyanosis, clubbing
 - ▶ Palms- nl color, texture
 - ▶ Muscles- nl size
 - ▶ Joints (including ROM)
 - Interphalangeal- nl ROM 0 deformities
 - Wrists- flexion = 90°, = extention 70°, radial deviation = 20°, ulnar deviation = 50°
 - Elbows- flexion = 160°
 - Radial pulse- 2+, nl and symmetric
- ▶ Lower:
 - ▶ Nails- nl (0 cyanosis, clubbing)
 - ▶ Muscles- nl size
 - ▶ Joints (including ROM)
 - Ankle- dorsiflex = 20°, plantar flexion = 40°, eversion = 20°, inversion = 20°
 - Knee- flexion = 130°
 - Hip- flexion = 100°, internal rotation = 40°, ext rotation = 40°
 - ▶ Pulses:
 - Posterior Tibial- 2+ bil equal
 - Dorsalis Pedis- 2+ bil equal

SKIN: nl, 0 lesions

LYMPH NODES

- ▶ Neck:
 - ▶ Submental- not palpable
 - ▶ Submandibular- not palpable
 - ▶ Anterior and Posterior Cervical- not palpable
 - ▶ Pre and Post Auricular- not palpable
 - ▶ Suboccipital- not palpable
 - ▶ Supraclavicular- not palpable

- ▶ Axillary:
 - ▶ Central Axillary- not palpable
 - ▶ Pectoral- not palpable
 - ▶ Subscapular- not palpable
 - ▶ Lateral Axillary- not palpable
- ▶ Epitrochlear: not palpable
- ▶ Superficial Inguinal (horizontal and vertical): not palpable

NEUROLOGIC

- ▶ Mental Status: Awake & Alert; oriented to person, place & time
- ▶ Cranial Nerves:
 - II: Visual Acuity- 20/20 with pocket screener, both eyes
Visual Fields- intact in all fields
 - II and III: Pupillary Reaction to Light- direct & consensual nl
Accommodation- nl
(Can say PERRLA, pupils, equal, round, reactive to light, and accommodation for both)
 - III, IV, VI: EOM- intact
 - V: Light Touch Face- nl in all 3 divisions of V
 - VII: Wrinkle Forehead, Close Eyes, Show Teeth- nl
 - VIII: Hearing- *nl by rough testing*
 - X: Cough- nl
 - XI: Shrug Shoulders and check sternocleidomastoid muscles - nl
 - XII: Protrude Tongue- midline protrusion
- ▶ Motor System:
 - ▶ Normal tone
 - ▶ 5 / 5 strength in all extremities
- ▶ Sensory:
 - ▶ Light Touch- nl
 - ▶ Position Sense- nl
 - ▶ Vibration- nl
 - ▶ Sharp- nl
- ▶ Reflexes:
 - ▶ Deep tendon-
 - Biceps (C5-6)- 2/4
 - Triceps (C6-7)- 2/4
 - Brachioradialis-2/4
 - Knee (L2-4)- 2/4
 - Ankle (S1)- 2/4
 - ▶ Pathological - Plantar Reflex- none (bil down going toes)
- ▶ Coordination:
 - ▶ Gait and Balance- nl
 - ▶ Finger to Nose- nl
 - ▶ Rapid finger movements- nl
 - ▶ Tandem Walking- nl
 - ▶ Romberg- negative

GYNECOLOGIC EXAM (FEMALE)

- ▶ External Genitalia- labia, clitoris, urethral orifice & introitus – all nl
- ▶ Inspection of Cervix and Vagina- θ bulging with straining, nl vaginal mucosa, cervix pink θ discharge.
- ▶ Bimanual Exam- uterus is anterior, midline, smooth, not enlarged, adnexa not felt
- ▶ Rectovaginal Exam- nl sphincter tone; no masses
- ▶ Inspect anus-no fissures, no hemorrhoids
- ▶ Stool for Occult Blood- θ (negative)

If this were a male patient, you would instead document the following:

GENITAL EXAM (MALE)

- ▶ Penis: ▶ Meatus- θ discharge
Inspect and ▶ Glans and Shaft- circumcised male - θ lesions, masses or deformities
Palpate
- ▶ Scrotum: ▶ Inspect- nl
Inspect and ▶ Testes- nl size
Palpate ▶ Epididymis and Spermatic cord- non tender, θ masses

RECTAL AND PROSTATE EXAM (MALE)

- ▶ Inspect Anus- θ lesions
- ▶ Digital Exam of Rectum- nl sphincter tone, θ masses
- ▶ Digital Exam of Prostate- nl prostate
Stool for Occult Blood- θ (negative)