

Title		
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Physical Assessment

correlated with health history	Health of present illness
	past health history
	family health history

sequential	IPPA, cephalocaudal
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also include pertinent negatives, not only the symptoms

General Survey

Body build	Sthenic	overall body build proportion
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Morph classification of body types

Somato- types	Ectomorph	thin, long limbs, minimal fat
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Endomorph	round belly, more fat, soft build
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Mesomorph	muscular
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Abnorm- **Marfan's syndrome** long limbs

Acondroplastic dwarfism	short limbs, large head, small face
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Turner's syndrome	short femorals, webbed neck, broad chest
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Gigantism

Osteoporosis	weak bones, stooped posture, height loss
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Cushing's syndrome	trunk fat, moon face, excess cortisol
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Posture/Gait

Posture	Forward Bend Test
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Gait Let patient walk towards you for 3m (10-20ft)

Abnormalities Kyphosis

Lordosis

Scoliosis

COPD clients *leans and brace*

tripod position

slumped *depression*

anxious *tense, stiff*

steppage gait

spastic gait

propulsive gaitscissor gaitshuffling gait

Skin

Abnormalities	carotenemia, albinism
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Edema Assessment	Pitting	pit stays
1+ (1+)	1+ (1+)	1+ (1+)
2+ (2+)	2+ (2+)	2+ (2+)
3+ (3+)	3+ (3+)	3+ (3+)
4+ (4+)	4+ (4+)	4+ (4+)

Non-pitting	rebound skin
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1. Sit patient with leg dangling

2. press tibia 30s to 1min

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Skin (cont)

Inspect, palpate, & describe skin lesions	Primary lesions	macule, patch, papule, nodule, plaque, vesicle, bulla, postule, cyst
	Secondary lesions	scale, crust, scar, excoriation, fissure, erosion, ulcer, scar
Skin Turgor	assess for dehydration	
	Location	child/- adult <i>forehead, cheast, abdomen, arms, legs</i>
		elderly <i>chest, abdomen</i>
	Findings	>30s <i>dehydrated</i>
		hard to pinch <i>edema</i>
		sagging <i>elderly</i>

Nail

Clubbing	Schamroth Test
Paronychia	infection around the nail
Koilonychia	convex shape, iron deficiency

Head & Face

Symmetry Test	elevate brow
	lower brow
	close eyes
	puff cheeks
	smile
	show teeth

Eyes

Eyebrows	raise & lower eyebrows
	ABN scaling, thinning, uneven movement
Eyelashes	distribution, curled, clean
	ABN loss
	inflammation blepharitis
	inward curl entropion
	outward curl ectropion
Eyelids	lift eyebrow with thumb and index position
	average blink speed 15-20
	ABN drooping lid ptosis
	entropion
	ectropion
Conjunctiva	palpebral, bulbar
	ABN conjunctivitis
	bloodshot eyes
Lacrimal Ducts and Glands	palpate
	ABN dachyo-cystitis inflammation due to obstruction
Cornea	test corneal reflex
	ABN opaque, rough surface



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Eyes (cont)			
		arcus sehilis	
		arcus juvenilis	
PERRLA	ABN	Aniscoria	unequal pupil; stroke patients
		Miosis	extreme constriction
		Mydbriasis	extreme dilation
Visual Aquity	Snellen's Chart	distance vision	
	Rosenbaum Eye Chart	near vision	
	Penlight	light perception test	
Functional Vision Test	Count Fingers	distance at 1ft	
	Hand Movement	move 30cm	
	Light Perception	penlight at side	
Visual Fields	ABN	Homoporous Hemianopia	same side loss of vision on both eyes
Terms	OD	right eye	
	OS	left eye	
	EOM	extraocular movement	

Ear	
Whisper Test	
Rinne Test	air conduction>bone
	+ result normal
Weber test	equal
	+ result normal

Ear	
Whisper Test	
Rinne Test	air conduction>bone
	+ result normal
Weber test	equal
	+ result normal

Nose	
Sinuses	Maxilla
	ethmoid
	frontal
	sphenoid

Mouth & Throat	
Neck	



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