

Title		
akjshdkjashd	kajshdkajhdsjkh	kjahskdhakjshd

Physical Assessment	
correlated with health history	Health of present illness
	past health history
	family health history
sequential	IPPA, cephalocaudal
also include pertinent negatives, not only the symptoms	

General Survey		
Body build	Sthenic	overall body build proportion
	Morph	classification of body types
Somato-types	Ectomorph	thin, long limbs, minimal fat
	Endomorph	round belly, more fat, soft build
	Mesomorph	muscular
Abnormalities	Marfan's syndrome	long limbs
	Acondroplastic dwarfism	short limbs, large head, small face
	Turner's syndrome	short femorals, webbed neck, broad chest
	Gigantism	
	Osteoporosis	weak bones, stooped posture, height loss
	Cushing's syndrome	trunk fat, moon face, excess cortisol

Posture/Gait		
Posture	Forward Bend Test	
Gait	Let patient walk towards you for 3m (10-20ft)	
Abnormalities	Kyphosis	
	Lordosis	
	Scoliosis	
	COPD clients	<i>leans and brace tripod position</i>
	slumped	<i>depression</i>
	anxious	<i>tense, stiff</i>
	steppage gait	
	spastic gait	
	propulsive gait	
	scissor gait	
	shuffling gait	

Skin		
Abnormalities	carotenemia, albinism	
Edema Assessment	Pitting	pit stays
	Non-pitting	rebound skin
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 Snellen's distance vision
Aquity Chart

Rosenbaum near vision
Eye Chart

Penlight light perception test

Functional Count distance at 1ft
Vision Test Fingers

Hand move 30cm
Movement

Light penlight at side
Perception

Visual ABN Homoporous same side loss of
Fields Hemianopia 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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