Title

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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
Abnorm-alities	**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	*leans and brace*
		tripod position
	slumped	*depression*
	anxious	*tense, stiff*
	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	*forehead, cheast, abdomen, arms, legs*
		elderly	*chest, abdomen*
	Findings	>30s	*dehydrated*
		hard to pinch	*edema*
		sagging	*elderly*

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	
		inflam-mation	**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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