

Title		
akjshdkjashd	kajshdkajhdsjkh	kjahskdhakjshd

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
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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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Abnormalities	Marfan's syndrome	long limbs
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	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)
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Abnormalities	Kyphosis
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	Lordosis
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	Scoliosis
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	COPD clients	<i>leans and brace</i>
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		<i>tripod position</i>
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	slumped	<i>depression</i>
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	anxious	<i>tense, stiff</i>
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	steppage gait
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	spastic gait
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	propulsive gait
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	scissor gait
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	shuffling gait
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Skin

Abnormalities	carotenemia, albinism
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Edema Assessment	Pitting	pit stays
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Non-pitting	rebound skin
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	1. Sit patient with leg dangling	
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	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	
		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	dachyocystitis	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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