

Observation

General obs: Shortness of breath, colour, dentition, wheeze, stridor, respiratory rate

Face: Horner's syndrome (pancoast tumour), cyanosis of the lips/tongue (central cyanosis), pursed lips (COPD), signs of anaemia (Glossitis of the tongue, pale conjunctiva, angular stomatitis at the corners of the mouth)

Hands: Cyanosis, clubbing, signs of anaemia (spooning of the nails, pale palmar creases), nicotine stains

Chest: Scarring, barrel chest, caving chest, pigeon chest

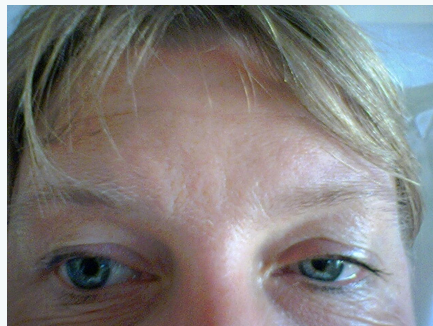
Respiratory rate (RR) : measures severity of breathlessness

- Measure movements of the chest
- Normal = 12-18 breaths per minute
- Can be raised due to breathlessness, COPD, infection, anxiety

Palpation

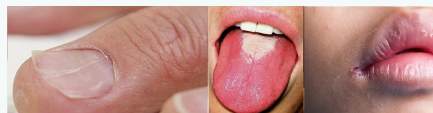
- Tracheal deviation/apex beat deviation for mediastinal shift
- Chest expansion
- Lymph node & Thyroid exam
- Percussion of the lungs along rib interspaces and clavicles
- Pneumothorax = hyperresonant sound,
- Pneumonia = solid areas
- Fluid = dull sound
- Auscultation

Horner's syndrome



- Disruption of the sympathetic nerves supplying the eye
- Ipsilateral Miosis (small pupil), Ptosis (drooping eyelid), Anhidrosis (No sweating), Enophthalmos (Sunken eyes)
- Apical lung tumour/infection

Anaemia



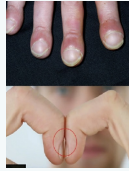
- Signs of anaemia
- **Left to right:** Spooning of the nails, Glossitis, Angular stomatitis

Cyanosis



- Cyanosis of the tongue and fingers

Clubbing



Clubbing of the fingers and test for clubbing

- The finger would not be able to do the test or have no diamond sign(Schamroth's window)

Causes:

- Bronchial Cancer

- Chronic Suppurative lung disease such as:

Bronchiectasis

Empyema (abscess of the lung)

TB

Cystic Fibrosis

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Not published yet.
Last updated 15th November, 2021.
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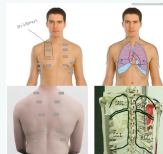
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Chest Shapes



- 1 = Barrel chest - COPD
- 2 = Pidgeon Chest/Pectus carinatum - poorly controlled severe childhood asthma
- 3 = Accessory muscles of respiration - COPD
- 4 = Pectus Excavatum = depression of the sternum

Percussion/Ascultation



- Where to tap or listen to the chest

Breath Sounds

- **Vesicular Breathing:** Normal breathing
 - Inspiration longer than expiration
 - No pause between inspiration/expiration
- **Bronchial Breathing:** Consolidation/collapsed/compressed lung (effusion)
 - Inspiration equally long as expiration
 - Pause between inspiration/expiration - much harsher sounds
- **Wheezes:** - Arises from the bronchi (usually expiratory)
 - Long and uninterrupted
 - Can be low/high pitched
 - Caused by partial obstruction (Asthma, COPD, Tumour)
- **Crackles:** - Arises from the alveoli/bronchi
 - Discontinuous, bubbling
 - Best heard at the start of inspiration (harsh/fine)
 - Due to fluid/secretions (Pulmonary oedema/pneumonia (like a crisp packet being rustled)
- **Stridor:** - Arise from the Larynx/trachea (usually inspiratory)
 - Partial/large airway obstruction (tumour, swelling of mucosa)
- **Friction Rub:** - Arise from the pleura
 - Creaking/rubbing
 - Unchanged by coughing
 - Pleurisy (pneumonia/pulmonary embolism)