

### 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

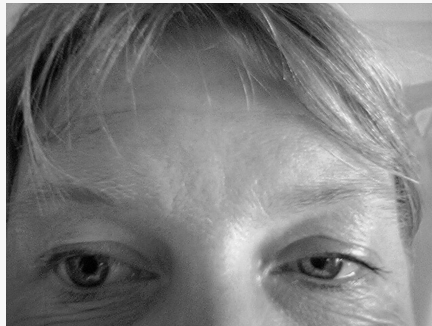
- Pneumothorax = hyperresonant sound,

- Pneumonia = solid areas

- Fluid = dull sound

- Auscultation

### Horner's syndrome

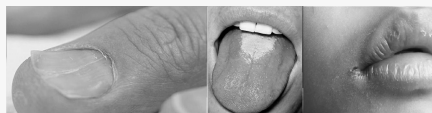


- Disruption of the sympathetic nerves supplying the eye

- 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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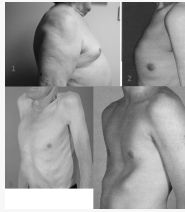


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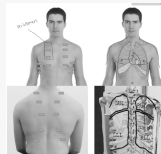
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## Chest Shapes



- 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)

