Ja

rvis:physical examination and health assessment,5th edition complete physical examination form

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ age\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sex

Ocupation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ client representative/ interpreter:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Examiner \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**General survey of patient**

1. Appears stated age \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Level of consciousness: Conscious, aware, oriented, obey orders, awake and alert, understand and respond question

3. **Skin color**: no cyanosis no over pigmentation no area of redness

4. **Nutritional status**: no sign of malnutrition or weight loss or over weight

5**. Posture and position**: no body deformities or anomalies or paralysis

6. **Obvious** **physical deformities**: no sign of obvious deformities

7**. Mobility: gait, use of assistive.ROM of joints, no involuntary movement**: no sign of pain during movement ,no use of assistive device , no involuntary movement .

8. **Facial expression**: symmetric facial expression no ptosis or any abnormal movement

9. **Mood and affect**: no abnormal sign of mood disturbance

10. **Speech: articulation, pattern, content appropriate, native language**: appropriate speech and content

11. **Hearing** appropriate hearing

12. **Personal hygiene**: clean clothes no pad Oder appropriate to whether

**Measurement and vital signs**

1. **Weight**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. **Height**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. **Skinfold thickness, if indicated**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.**radial pulse, rate, and rhythm**: 60-100 p/m regular rrhyth

5. **Respirations, rate, depth**: 16-24 b/m deep and no wheezing and crackles

6. **Blood pressure**

**Right arm** 120/80 +\_20/15 (sitting or lying?)

**Left arm** 120/80 +\_20/15 (sitting or lying?)

7. **Temperature (if indicated)** 36.4-37.4

8. **Pain assessment**: no pain if found monitor for location, intensity, severity, associated feature, type

**STAND IN FRONT OF PATIENT, PATIENT IS SITTING**

**SKIN**

1. **Hands and nails**: no cyanosis, no clubbing nails, no rashes, no patches

2. **Temperature** :warm

3. **Moisture** : moist

4. **Texture** : no roughness and smoothness

5. **Turgor**: easily to return back in into its place after folding

6. **Any lesions** : no lesion found

**HEAD AND FACE**

1. **Scalp, hair. Cranium**: equal distributed , no hair loss, no lesion, no dandruff and no scull depression

2. **Face (cranial nerve VII**) : symmetrical movement on the both sid

3.**Temporal artery, temporalmandibular joint** :equal temporal arteries pulse joint movement freely and painless

4.Maxillarry sinuses,frontal sinuse:no tenderness ,no lesion no pain

**EYE**

1. **Visual fields (cranial nerve II)** see both sets of fingers at the same time
2. **Vision using snellen eye chart** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OD** 20/20 **OS**  20/20 correction ?

1. **Cardinal positions of gaze** (cranial nerves III,IV,VI):symmetrical movement for both eye
2. Extra ocular muscles, corneal light reflex
3. **External structures** :

**Eye browse**: no lesion symmetric movement no tenderness

**Eye lashes**: turned upward

**Eye lid**: cover iris symmetrical no tenderness no lesion

**Lachrimal apparatus** :no excessive tearing or exudates

1. **Conjunctivae** : pink free from exudates
2. **Sclera** : white no vessels
3. **Corneas** : no opacities react normally on both eye
4. **Irises** :regular round and flat
5. **Pupils** equal round 0.3-0.5 mm constricted with pen light
6. **Ophthalmoscope, red reflex** : found
7. **Disk** yellowish to orange no lesion and the physical cup is half of its area
8. **Vessels** two pairs of vessels (artery and vein ) are found
9. **Retinal background** :light red to brown red and no lesion

**Ears**

1. **External ear** symmetrical in the same line of eye no lesion or pain
2. **Any tenderness**: no tenderness
3. **Otoscope**

 **ear canal** :no redness no lesion or exudates

 Tympanic membrane: gray shiny with otoscope light no perforation

1. **Testing hearing(cranial nerveVIII**),

 **Voice test** : appropriate hearing on the both ear

 **Weber test** : equal on the both ear no lateralization

 **Rinne test** :air conduction twice more than bone conduction

**Nose**

1. **External nose** : fairly symmetrical with no lesion
2. **Patency of nostrils** :the air freely in and out
3. **Speculum**

 **Nasal mucosa**: pink but more reader than oral mucosa ,no lesion or swelling ,bleeding or exudates

 **Septum**: no deviation, no inflammation or perforation ,no epistaxis

 **Turbinates: no ulcers or polyps, light red no tenderness**

**Mouth and throat**

1. **Lips and buccal mucosa** : moist with normal color the buccal mucosa is pink no ulcers or scaring and smooth

2. **Teeth and gums**: pink no ulcers or swelling there is no missing teeth or abnormally position

3. **Tongue**: no ulcers or lesion, no white or redness area, partially rough under the tongue smooth, symmetric with visible vein

4. **Hard/soft palate** : bony and witch / muscular and pinkish

5. **Tonsils**: mucosa should be pink and smoth ,no exudates ,enlargement , no ulcers

6. **Uvula (cranial nerves IX,X)** : pink mid line, free of lesion, no ulcer ,regular and mid line movement and not diverted

7. **Tongue (cranial nerve XII)** appropriate taste and gage reflex present

 **Neck**

1. **Symmetry ,lumps, pulsations** : symmetric , no lumps, in mid line ,regular pulse
2. **Cervical lymph** nodes small, movable, soft and not tenders
3. **Carotid pulse (bruits if indicated**) regular in the both side
4. **Trachea** : med line and symmetrical ,intact ,and no tenderness
5. **ROM and muscle strength (cranial nerve XI)**smooth and pain less movement ,equal strength on the both side

**MOVE TO BACK OF PATIENT, PATIENT SITTING**

1. **Thyroid gland** : mid line symmetric movement with swelling no tenderness ,no enlarged and symmetric lop

**Chest and lungs, posterior and lateral**

1. Thoracic cage configuration \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Skin** **characteristic**: no sign of cyanosis, no lesion ,no lumps

 **Symmetry**: regular and symmetrical respiration and no abnormal using of accessory muscle

**2. Symmetric expansion :** bilateral, symmetric expansion

**3. Tactical fremitus:** bilaterally symmetrical vibration on both sides

**4. spinous processes : there** is evenly space and no tenderness

**5. percussion over lung fields:** symmetrical resonance percussion on both lung

**6. diaphragmatic excursion :** 3-5 cm equal on the both side of lung

**7.CVA tenderness :** costal vertebral angel no tenderness

**8. Breath sounds :** appropriate fore assisted area (bronchovascular- vascular )

**9. Adventitious sound :**no adventitious sound found time of breathing cycle

**MOVE TO FRONT 0F PATIENT**

**CHEST AND LUNGS, ANTERIOR**

1. **Respiration and skin characteristics:** symmetrical and no cyanosis no **accessory muscle retraction**
2. **Tactical fremitus, lumps, tenderness:** no lumps or tenderness and bilaterall symmetrical vibration on both side
3. **Percuss lung fields**: equal resonance sound during percussion
4. **Breath sounds:** appropriate or assisted area (tracheal sound is high pitch loud tubular

**Upper Extremities**

1. **ROM And muscle strength:** appropriate muscle strength , smooth and pain less rang of motion
2. **Epitrochlear nodes : no tenderness , no pain and no enlargement**

**Breast**

1. **Symmetry, mobility, dimpling :** symmetrical ,equal mobility in both breasts no dimpling or skin pigmentation
2. **Supraclavicular and infraclavicular areas :** no lymph node enlargement , or tenderness **.**

**Patient supine ,stand at patient’s right**

1. **Breast palpation :** no tenderness no mass
2. **Nipple :** abnormal discharge , no over pigmentation , no lesion
3. **Axillae and regional node :** no enlarged lymph node no tenderness
4. **Teach breast self – examination :** done

**Neck vessels**

1. **Jugular venues pulse :** wavy pulse, visible ,not palpated
2. **Jugular venous pressure, if indicated :** < 3-4 with pt. in supine position with head of bed in 30%

**Heart**

1. **Pericardium , pulsation and heave :** NO pulsation and heave
2. **Apical pulse :**not visible put palpated
3. **Pericardium thrills :** no thrill found
4. **Apical rate and rhythm :** average rate and regular rhythm
5. **Heart sound :** S2 heard in aortic area ,s1 heard in mitral area , noabnormalmurmurs

**Lower extremities**

1. **Symmetry :** symmetrical
2. **Skin characteristics ,hair distribution :** no pigmentation no cyanosis and equal distribution to hair.
3. **Pulses ,popliteal:** pulse felt , no mass , no enlargement , notenderness
4. **Dorsalis pedis :**
5. **Temperature ,pretibial edema:** warm no edema
6. **Toes :** no fracture no deformities

**Patients sit up**

1. **ROM and muscle strength, hips:** smooth movement for joint and appropriate strength of muscle
2. **Knees :** no pain during up satires or down stares movement
3. **Ankles and feet :** smooth and pain less movement

 **Musculoskeletal**

**1-walk across room**

 **Walk on tiptoes, then walk on heels:** smooth and continuous rhythm movement

**Shallow knee bend :** no pain no tenderness during examination

**Touch toes :** pt can touch toes without pain smoothly

**ROM of spine :** smoothly ,painless movement

**Abdomen:**

1. **Contour ,symmetry : symmetrical ,adequate contour on both side.**
2. **Skin characteristics : uniform color and pigmentation without any scars no masses or nodules present**
3. **Umbilicus and pulsation: umbilicus med line with no visible pulsation.**
4. **Vascular sounds : regular vascular sound without bruise**
5. **Percussion : dull sound over organ and tympanic sound over abdominal bowel**
6. **Liver span : normal size from 6-12 cm**
7. **Spleen : not palpated no tenderness**
8. **Light and deep palpation : no palpated mass found**
9. **Palpation of liver, spleen, kidney , aorta : liver ,kidneys, aorta are palpated but spleen not palpated**
10. **Abdominal reflexes, if indicated : active reflexes found**

**Female genital organ:**

**1.Inspect pubis,labia and premium :** no swelling, earthma or lesion

**2.Labia minora ,clitoris, urethral orifice:** no inflammation, discharge, nodules, swelling, superficial skin lesions

**3.Vagina out let support:** no vaginal wall bulging

**4.procure specimens :** obtained or not

**5.Bimanual:cervix,uterus,and adnexa**: cervix semi movable ,uterus medline anterior,smooth and not enlarged or no adrenexal tenderness

**6. Rectovaginal** : without masses.

**7stool for ocu-ccult blood:** brown stool and hem occult negative

Neurolgic

1. Sensation, face :appropriate identify of touch on the face.
2. Arms and hands: appropriate identify of touch on the on arms and hands
3. Legs and feet :appropriate identify to type of touch on leg and fet
4. Position sense correctly identify to movement of the lift index finger & the big toes
5. Stereo gnosis : the client apple to identify correctly the object in his hands with closed eye
6. Cerebellar function, finger-to-nose :pt is able to alternate movement rapidly purposefully &in coordinated movement from finger to nose.
7. Cerebellar function, heel-to-shin: pt is able to alternate movement rapidly purposefully &in coordinated movement from heel-to-shin.
8. Deep tendon reflexes

Biceps: react well or found triceps: react well or found

Brachioradialis: react well or found patellar: react well or found

Achilles(ankles) : react well or found .

1. Babbinski reflex: react well or found



**Good luck**