










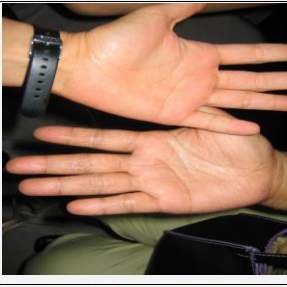













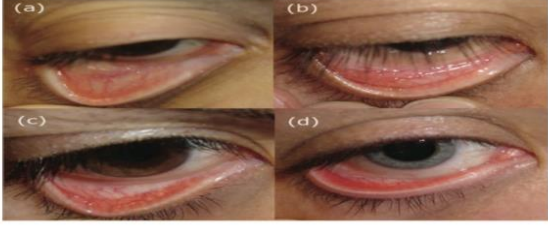







General Examination


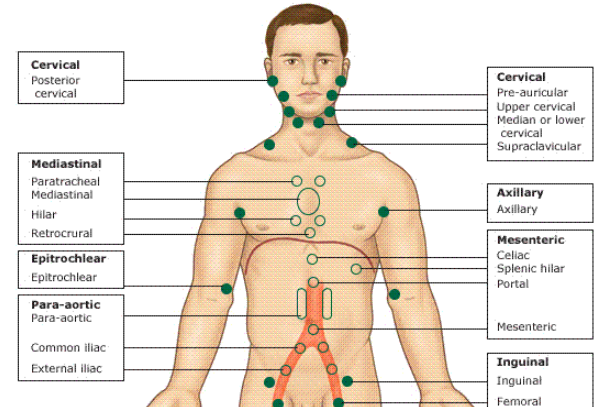
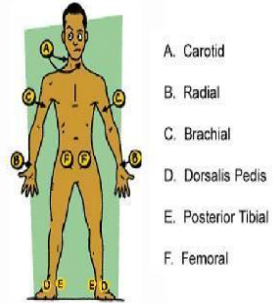


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General Examination

| # | Subject steps | Pictures | Notes |
|---|---|---|--|
| A | <u>Pre-exam Checklist: WIPE</u> |  <p style="text-align: center; font-weight: bold;">Be the one.</p> | Very important. |
| 1 | W ash your hands. |  <p style="text-align: center;">1</p> | <p>✓ (Wash your hands in front of the examiner or bring a sanitizer with you).</p> <p>✓ Always examine from the right side of the patient (and tell the examiner if you are left handed).</p> <p>✓ Ask the patient if there is any tenderness before touching him/her.</p> |
| 2 | I ntroduce yourself to the patient, explain the examination & take consent. |  <p style="text-align: center;">2</p> | |
| 3 | P ositioning of the patient and his/her Privacy. |  <p style="text-align: center;">3</p> | |
| 4 | E xposure. |  <p style="text-align: center;">4</p> | |
| B | <u>General appearance (ABC2DEVs):</u> | | |
| 1 | A pppearance: young, middle aged, or old, and looks generally ill or well. | + then go to the -. For the findings, you should say the negatives: "There's no clubbing, no splinter hemorrhage, no leukonychia..." and the same applies to the rest of the body | |
| 2 | B ody built: normal, thin, or obese | <p>Ex: Cachectic W/F in her 40's having respiratory distress, sitting bolt upright in bed and speaking in 2- and 3-word sentences. The patient is held on nebulizer for #.</p> <p>Vital signs: Temperature 38.0°C, pulse 110 beats per minute, blood pressure 100/60, respiratory rate 30 breaths per minute, oxygen saturation of 98% on room air.</p> | |
| 3 | C onnections: such as nasal cannula (mention the medications), nasogastric tube, oxygen mask, canals or nebulizer, Holter monitor, I.V. line or cannula (mention the medications). | | |
| 4 | C olor: jaundiced, pale, or cyanosed. | | |
| 5 | D istress: in pain, respiratory (using accessory muscles), or neurological (abnormal movements) distress. | | |
| 6 | E lse: mental functions: consciousness, alertness, and orientation. | | |
| 7 | Vital signs: <ol style="list-style-type: none"> 1) Pulse rate 2) Blood pressure (BP) 3) Temperature 4) Respiratory rate | | |
| C | <u>Head to toes</u> | | |

| | | | |
|---|---|---|---|
| 1 | <p style="text-align: center;">The hand:</p> |  | |
| a | <p>Dorsum:</p> <ul style="list-style-type: none"> • Muscle wasting. • Pigmentations. • Skin lesion (including scars). • Tendon xanthomata (hyperlipidemia). |  |  |
| b | <p>Palm:</p> <ul style="list-style-type: none"> • Signs of infective endocarditis such as <u>Osler's nodes</u> and <u>Janeway lesions</u>. • Palmar xanthomata hyperlipidemia. • Signs of a respiratory disease, or nicotine staining. • Palmar erythema: liver cirrhosis, polychromia, pregnancy. • Pigmentation of palmar creases: Addison's disease but may be normal in Asians and black. • Pallor of palmar creases anemia becomes clearer with hyperextend fingers. • <u>Dupuytren's contracture</u>: alcoholism. • <u>Raynaud's phenomenon</u>. |  |  <p style="font-size: small;">Panel A: Interdigital xanthoma</p> |
| | |  |  |
| | |  |  |
| c | <p>Nail:</p> <ul style="list-style-type: none"> • Clubbing. • Signs of infective endocarditis like <u>splinter hemorrhage</u>. • Leukonychia: hypoalbuminemia, liver disease, or nephritic syndrome. • Koilonychia: iron deficiency anemia. |  |  |
| | |  |  |
| d | <p>Flapping tremor (due to accumulation of toxins)</p> |  <p style="text-align: right;">CO2 retention. Hepatic encephalopathy. Renal failure.</p> | |

| | | | |
|---|--|---|---|
| 2 | <p align="center">The head:</p> |  | |
| a | <p>Scalp: hair deficiency or excess.</p> |  <p align="center">Healthy Hair Thinning Hair Patchy Hair Loss</p> <p><i>Hair loss can take a variety of forms, including thinning hair as a result of excessive hair loss, or circular bald patches that appear where clumps of hair have fallen out. Any excessive hair loss should be mentioned to your healthcare practitioner, as it may be a sign of a medical condition or nutritional deficiency.</i></p> | |
| b | <p>Eye:</p> <ul style="list-style-type: none"> • jaundice: (in the sclera liver disease, hemolytic anemia. • Pallor (in the conjunctiva): anemia. • Xanthelasma (in the periorbital regions: hyperlipidemia, primary biliary cirrhosis. |  |  |
| | |  <p>Fig. 2 Digital photographs of the palpebral conjunctiva of four patients with hemoglobin concentrations of (a) 7.3, (b) 12.7, (c) 14.0, and (d) 14.5 g/dL.</p> | |
| 3 | <p align="center">Mouth:</p> |  | |
| <ul style="list-style-type: none"> • Central cyanosis. • Oral hygiene. • Dryness of the mouth: dehydration. • Any lesion, e.g. ulcer, bleeding. | |  |  |
| <p>Special smell:</p> <ul style="list-style-type: none"> • Sweet smell "feto hepaticus": liver disease. • Ammoniacal fish breathe" uremic fetor" renal failure. • Cigarette smell in smokers. | |  |  |
| 5 | <p>The neck:</p> <ul style="list-style-type: none"> • Lymph nodes. • Salivary glands. • Thyroid. |  <p align="center">Front</p> |  |

| | | | |
|---|--|---|--|
| | <ul style="list-style-type: none"> If there is any swelling, describe it (site, size, shape, skin and surrounding tissue, consistency) |  <p style="text-align: center;">Back</p> | |
| 6 | <p>Lymph nodes:</p> <ul style="list-style-type: none"> Epitrochlear. Axillary. Cervical. Supraclavicular. Inguinal. |  | |
| 7 | <p>The lower limb:</p> <ul style="list-style-type: none"> Any change in the nails, dorsal, or the sole of the foot. Peripheral pulses: popliteal, posterior tibial, and dorsalis pedis pulses. Lower limb edema. |  |  |
| 8 | <p>The back: Sacral edema.</p> |  | |

Complete Physical Examination Video (25min)

Very long but very helpful 😊.

https://www.youtube.com/watch?v=Bt4WVOV_K0

For any question please feel free to contact us on:

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