

Integrated Physical Examination

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Head-Toe Examination

- ◆ To make it the systemic examination more integrated, we better to consider the three position as a reference;
 - 1st -Standing
 - 2nd -Sitting
 - 3rd -Lying
 - Finally-Sitting

Sitting

- ◆ Introducing the patient.
- ◆ Assessing mental status.
 - Appearance
 - Behavior
 - Cognition
 - Thought

Standing

- ◆ Cerebellum function: Balance test
 - Normal walking
 - Tandem walking
 - Heal walking
 - Toe walking
 - Hoping
 - Romberg's test

Standing #1

◆ Spine:

- Inspection and palpation
- ROM (rotation, lateral bending, forward & backward bending)
- Costovertebral angle tenderness

Sitting

- ◆ Cerebellum function: Coordination and coordinated movement
 - Rapid Alternative Movement (RAM)
 - Finger to finger
 - Finger to nose
 - Heal to shin

Sitting #1

- ◆ Hair: Inspection and palpation.
- ◆ Skull: Inspection and palpation.
- ◆ Face: Inspection and Palpation.
 - Tempomandibular joint
 - CN V-Corneal reflex, facial sensation (pain, light touch), masseter and temporal muscle.

Sitting #2

- CN VII- frown, smile, raise eye brow, puff cheek, wrinkle forehead, closing eye and trying to open it.

◆ Eye:

- Inspection and palpation.
 - ◆ Eye brow, eye lash, eye lid
 - ◆ Conjunctiva, sclera
 - ◆ Eye ball, lacrimal apparatus

Sitting #3

- Visual acuity
- Extra ocular muscle movement
- Confrontation test
- Cover uncover test
- Eye accommodation
- Pupillary light reflex (PEERLA)
- Ophthalmoscopic examination

Sitting #4

◆ Ear:

- Inspection and palpation
 - ◆ Pinna, mastoid process
- Voice/whisper test
- Tuning fork test (Webber's and Rinne's test)
- Otoscopic examination-canal and middle ear

Sitting #5

- ◆ Sinus: Palpation and percussion.
- ◆ Nose: Inspection and palpation.
 - Sniffing
 - CN I (familiar aromatic substance)
 - Rhinoscope

Sitting #6

- ◆ Mouth: Inspection and palpation
 - Lip
 - Buccal mucosa
 - Gum & teeth
 - Oral cavity
 - Tongue (CN XII)
 - CN IX and X

Sitting #7

- ◆ Lymph node: Palpation
- ◆ Neck: Inspection and palpation
 - Trachea
 - Thyroid gland
 - Strength
 - Shrug shoulder

Sitting #8

- ◆ Posterior chest: IPPA
 - Structure, Respiratory movement
 - Tactile fremitus, Respiratory expansion
 - Percussion notes, Diaphragmatic excursion
 - Normal breath sound, Adventitious breath sound

Sitting #9

◆ Anterior:

- Upper limb (Inspection; palpation; temp., capillary refill, tenderness, pulse, ROM; strength; sensation; pain, light touch, stereogenesis, graphesthesia)
- Carotid artery, jugular vein: Insp., & aust.
- CVS-5 sites' with diaphragm and bell
- Breast, axillae

Lying (Supine)

- Chest: IPPA
 - ◆ Structure, Respiratory movement
 - ◆ Tactile fremitus, Respiratory expansion
 - ◆ Percussion notes, Diaphragmatic excursion
 - ◆ Normal breath sound, Adventitious breath sound

Lying (Supine) #1

- CVS:
 - ◆ Inspection-apical pulse
 - ◆ Palpation-apical pulse and thrill
 - ◆ Percussion-heart border
 - ◆ Auscultation-5 sites' with diaphragm and bell

Lying (Supine) #2

- ◆ Breast, axillae

- ◆ Abdomen:

- Inspection- contour, shape.
- Auscultation- bowel sound, vascular.
- Percussion- abdomen, liver, spleen.
- Palpation- abdomen, liver, spleen.

Lying (Supine) #3

- ◆ Femoral artery: Palpation
- ◆ Lower extremity
 - Inspection
 - Palpation-pulse, temp., tenderness,
 - ROM
 - Strength
 - Sensation-pain, light touch, vibration including upper extremity

Sitting

- ◆ Popliteal pulse
- ◆ Reflex