

**DATA BASE SAMPLE: PHYSICAL EXAMINATION
WITH ALL NORMAL FINDINGS**

GENERAL APPEARANCE: (include general mental status)

45 y/o female who is awake and alert and who appears healthy and looks her stated age

VITALS

- ▶ Temperature: **37.5° C oral** (*list the site where the temperature was taken, i.e., oral, rectal, tympanic membrane, axillary*)

- ▶ Blood Pressure:
 - ▶ R Arm/Palpation (Systolic)- **120**
 - ▶ R Arm/Auscultation- **126/70**
 - ▶ L Arm/Palpation (Systolic)- **122**
 - ▶ L Arm/Auscultation- **126/70***(Document if you need to use a large cuff or thigh cuff for an obese arm.)*

- ▶ **Heart Rate by radial pulse palpation: 80 regular** (this implies 80 beats/minute)

- ▶ **Respiration Rate: 14** (again this implies 14 breaths/minute)

HEENT

- ▶ Head:
 - ▶ Configuration- **normocephalic**
 - ▶ Hair- **normal texture**
 - ▶ Scalp- **θ lesions, tenderness**

- ▶ Eyes:
 - ▶ Sclera- **white**
 - ▶ Conjunctiva- **pink**
 - ▶ Fundoscopy-
 - Red Reflex: **present**
 - Disc: **round, sharp margins, nl color**
 - Vessels: **nl caliber, A/V ratio ~ 1/2**
 - Background: **θ abn pigmentation, hemorrhages or exudates**
 - Macula: **visualized**

- ▶ Ears:
 - ▶ External Ear-**θ lesions, masses, tenderness**
 - ▶ Auditory Canal- **normal**
 - ▶ Eardrum- **TM's gray, translucent, with nl light reflex**

- ▶ Nose:
 - ▶ Color- **pink θ discharge**
 - ▶ Septum- **midline**
 - ▶ Inferior and Middle Turbinates – **normal**

- ▶ Throat and Mouth:
 - ▶ Teeth: **Present and in good dentition**
 - ▶ Tongue: **θ lesions**
 - ▶ Gums and Mucosa: **θ swelling, bleeding, infection**
 - ▶ Pharynx and Tonsillar Fossa: **normal**
 - ▶ Openings of Stensen's and Wharton's Ducts: **identified**

NECK

- ▶ Active ROM: **nl flexion, extension, lateral rotation and tilting**
- ▶ Trachea: **midline, mobile**
- ▶ Thyroid: **non-palpable or palpable, nl size & consistency, θ lesions**
- ▶ Suprasternal Notch: **θ pulsation**

BREASTS

- ▶ Inspection (Breasts and Nipples)- **nl size, symmetrical--nipples symmetrical and everted**
- ▶ Palpation (Breasts and Nipples)- **θ masses, nipples θ discharge**

HEART

- ▶ Neck Veins- **θ JVD at 45°**
- ▶ Carotid Arteries:
 - Palpation (Amplitude and Contour)- **nl upstroke & amplitude bilaterally**
 - Auscultation: **θ bruits**
- ▶ Precordium:
 - Inspection- **θ lifts or heaves - PMI not visible**
 - Palpation- **θ parasternal impulses, θ thrills**
 - PMI- **palpable in 5th ICS, MCL; nl size**
 - Auscultation:
 - S1- **heard best at apex, nl intensity**
 - S2- **heard best at base, nl splitting, $A_2 > P_2$**
 - Extra Sounds- **θ S₃, S₄**
 - Murmurs- **θ murmurs**

THORAX & BACK

- ▶ Observation: **symmetrical expansion with respiration**
- ▶ Percussion: **θ spinal tenderness, θ CVA (costovertebral angle) tenderness**

LUNGS

- ▶ Percussion and Palpation of Lung Fields- **nl resonant percussion**
- ▶ Auscultation- **clear, nl vesicular breath sounds**
(An accepted abbreviation for normal lung Percussion & Auscultation is “Clear to A&P”)

ABDOMEN

- ▶ Observation: **scaphoid θ scars, striae**
- ▶ Auscultation: **nl bowel sounds, θ bruits**
- ▶ Palpation:
 - ▶ Superficial- **θ tenderness, masses, guarding**
 - ▶ Deep- **θ tenderness, masses**
- ▶ Liver:
 - ▶ Palpation- **liver edge not palpable**
 - ▶ Percussion - Size- **~10 cm in R midclavicular line**

- ▶ **Spleen:** ▶ Palpation- **non palpable**
- ▶ **Kidneys:** ▶ Left- **non palpable**
▶ Right- **non palpable**
- ▶ **Femoral
Pulses:** ▶ Palpation- **4 / 4 bil equal**
▶ Auscultation- **0 bruits**

EXTREMITIES

- ▶ **Upper:** ▶ Nails-**0 cyanosis, clubbing**
▶ Palms- **nl color, texture**
▶ Muscles- **nl size**
▶ Joints (including ROM)
 - Interphalangeal- **nl ROM 0 deformities**
 - Wrists- **flexion = 90°**, = **extention 70°**, **radial deviation = 20°**,
ulnar deviation = 50°
 - Elbows- **flexion = 160°**
 - Radial pulse- **4 / 4, nl and symmetric**
- ▶ **Lower:** ▶ Nails- **nl (0 cyanosis, clubbing)**
▶ Muscles- **nl size**
▶ Joints (including ROM)
 - Ankle- **dorsiflex = 20°**, **plantar flexion = 40°**, **eversion = 20°**,
inversion = 20°
 - Knee- **flexion = 130°**
 - Hip- **flexion = 100°**, **internal rotation = 40°**, **ext rotation = 40°**
- ▶ Pulses:
 - Posterior Tibial- **4 / 4 bil equal**
 - Dorsalis Pedis- **4 / 4 bil equal**

SKIN: **nl, 0 lesions**

LYMPH NODES

- ▶ Neck:
 - ▶ Submental- **not palpable**
 - ▶ Submandibular- **not palpable**
 - ▶ Anterior and Posterior Cervical- **not palpable**
 - ▶ Pre and Post Auricular- **not palpable**
 - ▶ Suboccipital- **not palpable**
 - ▶ Supraclavicular- **not palpable**

- ▶ Axillary:
 - ▶ Central Axillary- **not palpable**
 - ▶ Pectoral- **not palpable**
 - ▶ Subscapular- **not palpable**
 - ▶ Lateral Axillary- **not palpable**
- ▶ Epitrochlear: **not palpable**
- ▶ Superficial Inguinal (horizontal and vertical): **not palpable**

NEUROLOGIC

- ▶ Mental Status: **Awake & Alert; oriented to person, place & time**
- ▶ Cranial Nerves:
 - II: Visual Acuity- **20/20 with pocket screener, both eyes**
Visual Fields- **intact in all fields**
 - II and III: Pupillary Reaction to Light- **direct & consensual nl**
Accommodation- **nl**
(Can say PERRLA, pupils, equal, round, reactive to light, and accommodation for both)
 - III, IV, VI: EOM- **intact**
 - V: Light Touch Face- **nl in all 3 divisions of V**
 - VII: Wrinkle Forehead, Close Eyes, Show Teeth- **nl**
 - VIII: Hearing- **nl by rough testing**
 - X: Cough- **nl**
 - XI: Shrug Shoulders and check sternocleidomastoid muscles - **nl**
 - XII: Protrude Tongue- **midline protrusion**
- ▶ Motor System:
 - ▶ **Normal tone**
 - ▶ 5 / 5 strength in all extremities
- ▶ Sensory:
 - ▶ Light Touch- **nl**
 - ▶ Position Sense- **nl**
 - ▶ Vibration- **nl**
 - ▶ Sharp- **nl**
- ▶ Reflexes:
 - ▶ Deep tendon-
 - Biceps (C5-6)- **2/4**
 - Triceps (C6-7)- **2/4**
 - Brachioradialis-**2/4**
 - Knee (L2-4)- **2/4**
 - Ankle (S1)- **2/4**
 - ▶ Pathological - Plantar Reflex- **none (bil down going toes)**
- ▶ Coordination:
 - ▶ Gait and Balance- **nl**
 - ▶ Finger to Nose- **nl**
 - ▶ Rapid finger movements- **nl**
 - ▶ Tandem Walking- **nl**
 - ▶ Romberg- **negative**

GYNECOLOGIC EXAM (FEMALE)

- ▶ External Genitalia- **labia, clitoris, urethral orifice & introitus – all nl**
- ▶ Inspection of Cervix and Vagina- **θ bulging with straining, nl vaginal mucosa, cervix pink θ discharge.**
- ▶ Bimanual Exam- **uterus is anterior, midline, smooth, not enlarged, adnexa not felt**
- ▶ Rectovaginal Exam- **nl sphincter tone; no masses**
- ▶ Inspect anus-**no fissures, no hemorrhoids**
- ▶ Stool for Occult Blood- **θ (negative)**

If this were a male patient, you would instead document the following:

GENITAL EXAM (MALE)

- ▶ Penis: ▶ Meatus- **θ discharge**
 Inspect and ▶ Glans and Shaft- **circumcised male - θ lesions, masses or deformities**
 Palpate
- ▶ Scrotum: ▶ Inspect- **nl**
 Inspect and ▶ Testes- **nl size**
 Palpate ▶ Epididymis and Spermatic cord- **non tender, θ masses**

RECTAL AND PROSTATE EXAM (MALE)

- ▶ Inspect Anus- **θ lesions**
- ▶ Digital Exam of Rectum- **nl sphincter tone, θ masses**
- ▶ Digital Exam of Prostate- **nl prostate**
 Stool for Occult Blood- **θ (negative)**