



**Acupuncture and Massage College**  
**PHE 405**  
**Physical Exam**  
**SYLLABUS**

**Instructor: Dr. Aigars Rezevskis**

Instructor is available 15 minutes before class and 15 minutes after class to address student questions. In addition, students who need clarification on material covered in class or in assigned reading materials may request an appointment.

**Hours / Credits:** 60 / 4

**Method of Instruction:** Lecture, discussion and practical

**Required Text:**

Bates' Guide to Physical Examination and History Taking, 13th ed. Lynn S. Bickley

[NCCAOM- 2022-Candidate Preparation Handbook for Oriental Medicine \(OM\) Certification](#)

**Prerequisites:** ANP- 301 and MUS -301 or NMS - 301

**Course Description:**

Students will review basic physical examination which will include listening to the heart and lungs, palpation of the different organs, patient interview procedures, and patient record maintenance. In addition, students will review information about the mechanisms of disease and the pathological processes that occur within each area or system of the human body. This class will concentrate on the areas and systems of the Head and Neck Area, the Integumentary System, the Thoracic Area and the Pulmonary/Respiratory System, the Cardiovascular System (heart, vessels, blood, lymph), the Abdominal Area, the Nervous System and Neurological evaluation.

**Course Objectives:**

Upon successful completion of this course, students will be able to:

- Take the related history of a patient
- Perform an examination and record the findings
- Understand Medical Errors and what is involved in risk analysis, reduction and prevention
- Recognize sign and symptoms of possible medical emergencies and other medical conditions requiring possible referral to western practitioner
- Recognize the presentation of the main pathological disorders

- Evaluate the potential signs and symptoms presented by a patient
- Be knowledgeable in the normal variants and abnormal variations that may be encountered in the course of a practice
- Correctly assess the patient physically through palpation, auscultation, percussion and other means readily available to the practitioner
- Be cognizant of the myriad of normal and abnormal variants available for possibly being encountered by the practitioner.
- Be aware of the influence of other patient factors, i.e., sex, race, compliance, medications, multicultural biases, and age (neonate, infant, pediatric, adolescent, adult, geriatric).

**Grading:** As listed in our school catalog, the following scale will be used:

A	90-100%	4.0	P	Pass (70% or above)
B	80-89%	3.0	F	Fail (below 70% for Pass/Fail courses)
C	70-79%	2.0	I	Incomplete
D	60-69%	1.0	W	Withdrawal
			WF	Withdrawal Failure
			WNA	Withdrawal, no attendance
			RPT	Repeat course – no GPA calculated

**Class Policies:** You are expected to attend all classes and be on time. Please see AMC [Student Handbook](#) for details on attendance, tardiness, missed exams, and early departure policies.

Eating, drinking, and gum-chewing are not permitted. Cell phones and pagers must be turned off or put-on silent mode.

**Recording in Class:** Students will not be allowed to audio record lectures in this course unless approved by the instructor.

**Homework:** Homework is an important part of learning at AMC. On a daily basis in each course as reflected in the course syllabus, reading assignments must be completed outside of class. The readings supplement the class lectures, and it is your responsibility to complete all reading assignments before coming to class. Instructors use oral and written quizzes to check that students have completed the reading assignments. Written homework assignments are turned in to the instructor in each class and count toward your course grade. Homework must be done prior to the class in which it is due.

You are responsible on quizzes and the Final Exam for all material in the reading assignments *whether covered in the class lectures or not.*

**Honor Code:** Acupuncture and Massage College does not tolerate academic dishonesty. If you are caught cheating in any way, including but not limited to copying from another person's paper during an exam or quiz, or plagiarizing material in a paper, you will be dismissed, with no probationary period. All instances of cheating must be reported to a faculty member and to the Academic Dean. To know about cheating and not report it is the same as cheating.

### **Appropriate Classroom Laptop Use**

Acceptable in-class uses of laptops and other web-enabled devices include: taking notes, following along with the instructor on PowerPoints, working on assigned in-class activities,

projects, and discussion. Unacceptable in-class uses of laptops and other web-enabled devices include: texting or e-mailing, surfing the Internet, playing games, writing papers or doing homework. AMC Faculty considers inappropriate in-class uses of laptops and web-enabled devices equivalent to non-participation in class and reserve the right to lower student grades accordingly.

### **OM Attendance**

Students are expected to attend all class sessions with no exceptions, due to the compressed course content and academic rigor of the program. For each class missed, there will be a **6.6-point reduction** from the class participation grade. If a student misses more than 3 class sessions, they may fail the course and be required to retake it the following year.

**Americans with Disabilities Act (ADA504) Accommodations:** Students requesting accommodations are asked to communicate with the Section 504 Coordinator, Yaly Flores-Soto, Academic Dean. Dean Soto may be reached at (305) 595-9500 or via e-mail at [Dean@amcollege.edu](mailto:Dean@amcollege.edu). Her office is located at 10506 North Kendall Drive, Miami, FL 33176. Please refer to AMC's [Student Handbook](#) for more details on ADA Accommodation process.

**GPA Requirements:** AMC has an escalating GPA requirement for the OM program. All first year and second year students must maintain at least a 2.0 or above. All third year students must maintain a 3.0 or above. If a student falls below the required GPA, they will be placed on Financial Aid Warning.

### **Library Integration**

Each student will write a two-page paper on a topic covered in this class using books/resources (including online library resources <http://www.amcollege.edu/library> ) in AMC's library as references.

### **Your final grade will be computed as follows:**

Class Participation/Attendance	5%
2 Page Paper*(Library Integration)	5%
Quizzes	40%
Final Exam	<u>50%</u>
<b>Final Grade</b>	<b>100%</b>

### **Supplies needed of class:**

1. Stethoscope
2. Blood pressure cuff
3. Pen light
4. Reflex hammer
5. Medical tuning fork

# CALENDAR

**Class: 1      02/12/24**

**Content:** Approach to the clinical encounter, structure and sequence of clinical encounter. Interviewing, communication and interpersonal skills, health history, parts of medical history, information collected in each of these parts and most common questions used

Chapter 1, 2, and 3 pages 1-112

**Assignments :** Read chapters 1,2,3 and review class notes.

**Class: 2      02/14/24**

**Content:** Physical examination, clinical reasoning and assessment and plan,, health maintenance and screening.

Chapter 4, 5 and 6, pages 113-192

**Assignments:** Read chapters 4, 5, 6 and review class notes.

**Class: 3      02/16/24**

**Content:** Evaluating clinical evidence, General survey, vital signs and pain. Cognition, behavior and mental status.

Chapter 7, 8 and 9, pages 193-281

**Assignments:** Read chapters 7, 8, 9, and review class notes

**Class: 4      02/19/24****QUIZ**

**Content:** Skin

Review of the anatomy, physiology, and pathophysiology of the integumentary system.

Learn to palpate the levels of the integument.

Signs and symptoms of the pathology of the integument and its associated appendages.

Recognize skin and skin lesions and lesions of the associated appendages, their description and examination.

Discover the normal and abnormal variations of the integument and pigmentation.

Understand the functioning of the integument and the etiology of associated lesions.

Chapter 10, Pages 282-334

**Assignments:** Read chapter 10, practice examination methods and review class notes

**Class: 5      02/21/24**

**Content:** Head and neck.

Review of the anatomy, physiology and pathophysiology of the Head and Neck

Evaluation of the Head and Neck by visual and tactile analysis

Demonstrate physical analysis techniques on the head and neck including the palpation and visual inspection of the muscles, bones, attachments, vessels, nerves and integument.

Signs and symptoms of normal and abnormal conditions and their variants associated with the Head and Neck including the mouth, teeth, oral cavity, pharynx, glands, tongue, lips, gums and the temporomandibular joint.

Assessment of the senses and sensory organs associated with the head and neck, i.e., the eyes and vision, the ears and audition and the vestibular sense, the nose and olfaction, the tongue and gustation, facial sensation and muscle control of the head and neck.

Assessment of the nerves such the facial and the trigeminal and its associated branches.

Evaluation of carotid and jugular activity.

Chapter 11, pages 335-354

**Assignments:** Read chapter 11, practice examination methods and review class notes.

**Class: 6            02/23/24**

**Content:** Eye, Ears, nose, throat, and oral cavity

Evaluation of the eyes, ears, nose, throat, and oral cavity by visual and tactile methods. Signs and symptoms of abnormalities and pathologies. Techniques of examination.

Chapter 12, 13, and 14, pages 335-440

**Assignments:** Read chapter 12, 13, 14, practice examination methods and review class notes.

**Class: 7            02/26/24**

### **QUIZ**

**Content:** Thorax and lungs

Review of the anatomy, physiology and pathophysiology of the thorax and pulmonary/respiratory system.

Learn to recognize and evaluate the rate, rhythm, and volumes of respiration.

Develop palpation and percussion techniques of assessment of the thorax and lungs.

Evaluate the different lobes and deformities of the thorax.

Signs and symptoms of normal and abnormal variants of thorax and lung conditions and sounds.

Discriminate between the normal and abnormal breath sounds, transmitted voice sounds, adventitious lung sounds.

Chapter 15, pages 441-488

**Assignments:** Read chapter 15, practice examination methods and review class notes

**Class: 8            02/28/24**

**Content:** Thorax and lungs

Review of the anatomy, physiology and pathophysiology of the thorax and pulmonary/respiratory system.

Learn to recognize and evaluate the rate, rhythm, and volumes of respiration.

Develop palpation and percussion techniques of assessment of the thorax and lungs.

Evaluate the different lobes and deformities of the thorax.

Signs and symptoms of normal and abnormal variants of thorax and lung conditions and sounds.

Discriminate between the normal and abnormal breath sounds, transmitted voice sounds, adventitious lung sounds.

Chapter 15, pages 441-488

**Assignments:** Read chapter 15, practice examination methods and review class notes

**Class: 9            03/01/24**

**Content:** Cardiovascular System – Most common diseases and their symptoms. Examination of structure.

Review of the anatomy, physiology, and pathophysiology of the cardiovascular system (heart, vessels, blood, and lymph).

Learn to recognize and evaluate the rate, rhythm, pulse, and pressure of normal and abnormal variants of the cardiovascular system.

Know the signs and symptoms of pathological conditions affecting the heart, vessels, blood, and lymphatic system.

Develop visual, palpation, percussion, and auscultation techniques of assessment of the cardiovascular system.

Evaluate the different heart sounds and areas of the heart and vessel sounds.

Signs and symptoms of normal and abnormal variants of thorax and lung conditions and sounds. Discriminate between the normal and abnormal heart and vessel sounds, adventitious heart and vessel sounds, valves, the apical impulse, murmurs, extrasystole, PVC's etc.

Factors – age, sex, condition, physiognomy

Chapter 16 and 17, pages 489-590

**Assignment:** Read chapter 16 and 17, practice examination methods and review class notes

**Class: 10      03/04/24**

## **QUIZ**

**Content:** Cardiovascular System – Most common diseases and their symptoms. Examination of structure.

Review of the anatomy, physiology, and pathophysiology of the cardiovascular system (heart, vessels, blood, and lymph).

Learn to recognize and evaluate the rate, rhythm, pulse, and pressure of normal and abnormal variants of the cardiovascular system.

Know the signs and symptoms of pathological conditions affecting the heart, vessels, blood and lymphatic system.

Develop visual, palpation, percussion, and auscultation techniques of assessment of the cardiovascular system.

Evaluate the different heart sounds and areas of the heart and vessel sounds.

Signs and symptoms of normal and abnormal variants of thorax and lung conditions and sounds.

Discriminate between the normal and abnormal heart and vessel sounds, adventitious heart and vessel sounds, valves, the apical impulse, murmurs, extrasystole, PVC's etc.

Factors – age, sex, condition, physiognomy

Chapter 16 and 17, pages 489-590

**Assignment:** Read chapter 16 and 17, practice examination methods and review class notes

**Class: 11      03/06/24**

**Content:** Abdomen – Most common disease and their symptoms. Examination of abdominal organs.

Review of the anatomy, physiology and pathophysiology of the Abdominal Area and Regions.

Signs and symptoms of normal and abnormal variants.

Palpation, percussion and auscultation of the Abdominal Area and Regions and the underlying organs.

Tenderness, hardness, lumps, sounds (esp. bowel sounds)

Evaluation of the peritoneum

Chapter 19, pages 613-675

**Assignment:** Read chapter 19, practice examination methods and review class notes

**Class: 12      03/08/24**

**Content:** Abdomen – Most common disease and their symptoms. Examination of abdominal organs.

Review of the anatomy, physiology and pathophysiology of the Abdominal Area and Regions.

Signs and symptoms of normal and abnormal variants.

Palpation, percussion and auscultation of the Abdominal Area and Regions and the underlying organs.

Tenderness, hardness, lumps, sounds (esp. bowel sounds)

Evaluation of the peritoneum

Chapter 19, pages 613-675

**Assignment:** Read chapter 19, practice examination methods and review class notes

**Class: 13      03/11/24**

**QUIZ**

**Content:** Nervous system and neurological evaluation– common diseases and symptoms.

Review of the anatomy, physiology, and pathophysiology of the nervous system.

Signs and symptoms of normal and abnormal variants.

Evaluation of the cranial nerves and the spinal nerves

Evaluation of the dermatomes

Afferent and efferent signals, nerves and tracts

Evaluation of the brain and spinal cord

Somatic and autonomic nervous systems

Gait and posture, types of paralysis, voluntary and involuntary movements

Motor disorders, dysfunctions and reflexes

Mental status and cognitive abilities

Factors – age, sex, culture, etc.

Chapter 24, pages 841-932

**Assignment:** Read chapter 24, practice examination methods and review class notes

**Class: 14      03/13/24**

**Content:** Breasts, Male genital, Female genitals, Anus, Rectum and Prostate

Review of the anatomy, physiology and pathophysiology of breast, male and female genital, rectum, and prostate. Techniques of examination and special techniques.

Chapter 18, 20, 21, and 22, pages 592 -612 and 677-744

**Assignment:** Read chapter 18, 20, 21, and 22 and review class notes

**Class 15      03/15/24**

**Content:** Written Final