

Physical Exam Class Outline

Comprehensive assessment

Includes all the elements of health history and full physical examination.

1. New patient
2. Provides personal and fundamental knowledge about the patient
3. Strengthens the physician patient relationship
4. Helps to identify or rule out causes related to patients concern
5. Provides baseline for future assessments
6. Creates platform for health promotion
7. Develops proficiency in essential skills

Focused assessment

Problem orientated assessment.

1. Appropriate for established patients
2. Addresses focused concerns
3. Addresses symptoms restricted to specific body system
4. Applies examination methods relevant to assessing the concern

Data of Medical history

Subjective data

1. What the patient tells
2. The History from CC through Review of Systems

Objective data

1. What is detected by practitioner
2. All Physical examination findings

Comprehensive assessment of Adult

1. Initial information

- a. Date and time of history
 - b. Identifying data
 - c. Reliability
2. Chief complaint(s)
3. Present illness
4. Past history
 - a. Childhood illnesses
 - b. Adult illnesses
5. Family history
6. Personal and social history
7. Review of systems
 - a. General
 - b. Skin
 - c. HEENT
 - d. Neck
 - e. Breasts
 - f. Respiratory
 - g. Cardiovascular
 - h. Gastrointestinal
 - i. Peripheral vascular
 - j. Urinary
 - k. Genital
 - l. MS
 - m. Psychiatric
 - n. Neurologic
 - o. Hematologic
 - p. Endocrine

Preparing for exam

1. Reflect on approach to the patient
2. Adjust for lighting and environment
3. Check equipment
 - a. Ophthalmoscope
 - b. Otoscope

- c. A penlight
 - d. Tongue depressor
 - e. A ruler or a tape measure marked in centimeters
 - f. A thermometer
 - g. A sphygmomanometer
 - h. A stethoscope
 - i. Gloves and lubricant
 - j. Vaginal specula
 - k. A reflex hammer
 - l. Tuning forks
 - m. Q-tips, safety pins
 - n. Cotton
 - o. Two test tubes for testing temperature
 - p. Paper and pen or tablet/computer
4. Make the patient comfortable
 5. Choose the sequence of examination
 - a. General survey
 - b. Vital signs
 - c. Skin: upper torso, anterior and posterior
 - d. Head, neck, thyroid, and lymph nodes
 - e. Nervous system – mental status, cranial nerves, upper extremity motor strength, cerebellar function
 - f. Thorax and lungs
 - g. Breasts
 - h. Musculoskeletal – upper extremities.
 - i. CVS: IVP, carotid upstrokes, bruits, PMI, S1, S2, murmurs, extra sounds. Patient in supine with head of head raised 30 degrees
 - j. CVS: S3 and murmur of mitral stenosis. Patient in supine with head of head raised 30 degrees and turned partly to left side
 - k. CVS: murmurs of aortic insufficiency. Patient sitting position
 - l. Thorax and lung. Patient in supine lying position
 - m. Breast and axilla
 - n. Abdomen
 - o. Peripheral vascular
 - p. Lower torso and extremities

- q. Nervous system
- r. MS – Sitting/standing
- s. Women pelvic and rectal exam
- t. Men prostate and rectal exam

Clinical reasoning, Assessment and Recording

Steps in clinical reasoning

1. Identify abnormal findings
 - a. Symptoms and signs
2. Localize findings anatomically
3. Interpret findings in terms of probable process
4. Make hypotheses about a problem
 - a. Evidence based decision making
 - b. Select the most specific and critical findings to support hypothesis
 - c. Match your findings against all the conditions that can produce them
 - d. Eliminate the diagnostic possibilities that fail to explain the findings
 - e. Weigh the competing possibilities and select the most likely diagnosis
5. Test hypothesis and establish a working diagnosis
 - a. More physical examination
 - b. Laboratory tests
6. Develop a plan agreeable to the patient

Principals of test selection and use

1. Reliability
2. Validity
3. Sensitivity
4. Specificity
5. Predictive value
6. Positive predictive value
7. Negative predictive value

Interviewing and Health History

Techniques of skilled interviewing

1. Active listening
2. Empathic responses
3. Guided questioning
4. Nonverbal communication
5. Validation
6. Reassurance
7. Partnering
8. Summarization
9. Transitions
10. Empowering the patient
 - a. Evoke the patient's perspective
 - b. Convey interest in the person, not just the problem
 - c. Follow the patient's leads
 - d. Elicit and validate emotional content
 - e. Share information with the patient
 - f. Make your clinical reasoning transparent to the patient
 - g. Reveal the limits of your knowledge

The sequence and content of interview

1. Preparation
 - a. Review medical records
 - b. Setting goals for the interview
 - c. Reviewing your clinical behavior and appearance
 - d. Adjusting the environment
2. The sequence of the interview
 - a. Greeting the patient and establishing rapport
 - b. Establishing the agenda
 - c. Inviting the patient story
 - d. Exploring the patient's perspective
 - e. Identifying and responding to the patient's emotional cues
 - f. Expanding and clarifying patient's story
 - g. Generating and testing diagnostic hypotheses
 - h. Sharing the treatment plan
 - i. Taking time for self reflection

The cultural context of the interview

1. Demonstrating cultural humility

Advanced interviewing

1. The challenging patients
2. The silent patients
3. The confusing patients
4. The patient with altered capacity
5. The talkative patients
6. The crying patients
7. The angry/disruptive patients
8. The patients with language barrier
9. The patients with low literacy
10. The patients with hearing loss
11. The patients with impaired vision
12. The patients with limited intelligence
13. The patients with personal problems
14. The seductive patients

Sensitive topics

1. Guidelines
2. The sexual history
3. The mental health history
4. Alcohol and drug history
5. Intimate partner violence and domestic violence
6. Death and dying patient

The Health history

1. Common and concerning symptoms
 - a. Fatigue
 - b. Weakness
 - c. Fever, chills, night sweats
 - d. Weight changes
 - e. Pain

Health promotion

1. Optimal BMI: 18.5 to 24.9
2. Overweight BMI >25
3. Obesity in US
 - a. 68% in US BMI>25
 - b. 17% of children overweight and 15% obese
 - c. Black woman 77%, white woman 59%
 - d. Adolescents – Mexican American boys 46%, girls 42%, black girls 46%, white boys from lower income class
 - e. Overweight/obesity increases risk of heart disease, cancer, type 2 diabetes, stroke, arthritis, sleep apnea, infertility, depression
4. Steps to optimal weight
 - a. Measure BMI and waist circumference
 - Underweight <18.5
 - Normal 18.5-24.9
 - Overweight 25-29.9
 - Obesity I 30-34.9, Obesity II 35-39.9, Extreme obesity III >40
 - b. Assess dietary intake
 - c. Assess the patient's motivation to change
 - d. Provide counseling about nutrition and exercise
 - Restrict sodium to 1,500 mg/d
 - The most effective diet – realistic weight loss goals, exercise and behavioral reinforcements
 - Total calorie goal of 800-1200 is more important than diet type.
 - Pharmacology in high-risk patients

The General Survey

1. General appearance
2. Level of consciousness
3. Signs of distress
 - a. Cardiac or respiratory
 - b. Pain
 - c. Anxiety or depression

4. Skin color and obvious lesions
5. Dress, grooming and personal hygiene
6. Facial expression
 - a. Stare – hyperthyroidism
 - b. Immobile face- parkinsonism
 - c. Flat or sad effect – depression
 - d. Decreased eye contact – cultural, anxiety, fear, sadness
 - e. Odors of the body and breath
 - f. Posture, gait and motor activity
 - g. Height and weight
 - Causes of weight loss - malignancy, diabetes, hyperthyroidism, chronic infection, depression, diuresis, successful dieting
 - h. BMI
 - i. Waist circumference

The Vital signs

1. Blood pressure
2. Heart rate and rhythm
3. Respiratory rate and rhythm
4. Temperature

Acute and Chronic pain

1. Understanding pain
2. Assessing the patient's history
3. Type of pain

Obesity related health factors

1. CVS
2. Endocrine
3. GI
4. GU
5. Integument
6. Musculoskeletal
7. Neurologic

8. Psychologic
9. Respiratory

Eating disorders

1. Anorexia nervosa
2. Bulimia nervosa

Breathing rate and rhythm

1. Normal
2. Slow
3. Rapid
4. Sighing
5. Cheyne-Stokes
6. Obstructive
7. Ataxic
8. Rapid deep

Behavioral and Mental status

1. Mental health disorders in primary care
2. Explained and unexplained symptoms
3. Common functional syndromes
4. Patient identifier for mental health screening
5. Personality disorders DSM
6. Common symptoms
 - a. Change in attention, mood, and speech
 - b. Change in insight, orientation, and memory
 - c. Anxiety
 - d. Panic
 - e. Phobias
 - f. Delirium
 - g. Dementia
7. The mental status examination
 - a. Appearance and behavior
 - b. Speech and language

- c. Mood
- d. Thoughts and perceptions
- e. Cognition
- 8. Somatoform disorders
 - a. Somatization
 - b. Conversion
 - c. Pain
 - d. Hypochondriasis
 - e. Body dysmorphic
- 9. Somatoform like disorders
 - a. Factitious
 - b. Malingering
 - c. Dissociative
- 10. Disorders of mood
 - a. Major depressive episode
 - b. Manic episode
 - c. Hypomanic episode
 - d. Cyclothymic episode
 - e. Dysthymic episode
 - f. Mixed episode
- 11. Anxiety disorders
 - a. Panic
 - b. Agoraphobia
 - c. Specific phobia
 - d. Social phobia
 - e. OCD
 - f. ASD
 - g. PSD
 - h. Generalized anxiety
- 12. Psychotic disorders
 - a. Schizophrenia
 - b. Schizophreniform
 - c. Schizoaffective
 - d. Delusional
 - e. Brief psychotic

- f. Psychotic disorder due to medical condition
- g. Substance induced Psychotic disorder

Skin, Hair and Nails

1. Common symptoms
 - a. Hair loss
 - b. Rash
 - c. Growth
2. Skin cancers and risk factors
3. Skin examination – begins with general survey and continues throughout examination
 - a. Color
 - b. Moisture
 - c. Temperature
 - d. Texture
 - e. Mobility and turgor
 - f. Lesions
4. Skin colors
 - a. Café-Au-Lait spots
 - b. Tinea versicolor
 - c. Vitiligo
 - d. Cyanosis
 - e. Jaundice
 - f. Carotenemia
 - g. Erythema
 - h. Heliotrope
5. Primary skin lesions
 - a. Macule
 - b. Patch
 - c. Plaque
 - d. Papule
 - e. Nodule
 - f. Cyst
 - g. Wheal

- h. Vesicle
 - i. Bulla
 - j. Pustule
 - k. Burrow
6. Secondary skin lesions
- a. Scale
 - b. Crust
 - c. Latensification
 - d. Scars
 - e. Keloids
 - f. Erosion
 - g. Excoriation
 - h. Fissure
 - i. Ulcer
7. Vascular lesions
- a. Petechia
 - b. Purpura
 - c. Ecchymosis
 - d. Spider angioma
 - e. Spider vein
 - f. Cherry angioma
8. Skin tumors
- a. Actinic keratosis
 - b. Seborheic keratosis
 - c. Basal cell carcinoma
 - d. Squamous cell carcinoma
9. Nevi
- a. Benign nevus
 - b. Malignant melanoma
10. Nails
- a. Paronychia
 - b. Clubbing of the fingers
 - c. Onycholysis
 - d. Terry's nails
 - e. White spots

- f. Transverse white bands
- g. Transverse linear depression
- h. Pitting

11. Diseases and related skin disorders

- Addison's disease
- AIDS
- Chronic renal disease
- CREST syndrome
- Chron's disease
- Cushing's disease
- Dermatomyositis
- Diabetes
- DIC
- Dyslipidemia
- Gonococcemia
- Hemochromatosis
- Hyperthyroidism
- Hypothyroidism
- Infective endocarditis
- Kawasaki disease
- Liver disease
- Meningococcemia
- Hemorrhagic pancreatitis
- Pancreatic carcinoma
- PVD
- Pregnancy
- Reiter's syndrome
- RA
- Rocky Mountain spotted fever
- Scleroderma
- Sickle cell disease
- Syphilis
- SLE

- Thrombocytopenic purpura
- Tuberous sclerosis
- UC
- Viral exanthems

The head and neck

1. Common symptoms
 - a. Headache
 - b. Change in vision
 - c. Double vision
 - d. Hearing loss
 - e. Ear ache
 - f. Tinnitus
 - g. Vertigo
 - h. Nosebleed
 - i. Sore throat
 - j. Hoarseness
 - k. Swollen glands
 - l. Goiter
2. Eye Examination
 - a. Visual acuity
 - b. Visual fields
 - c. Conjunctiva
 - d. Sclera
 - e. Cornea
 - f. Lens
 - g. Pupils
 - h. Extraocular movements
 - i. Examination of Fundi, Optic disc, Retina, Retinal vessels
3. Ear examination
 - a. Auricle
 - b. Ear canal and Drum
 - c. Auditory acuity test
 - d. Weber test

- e. Rinne test
- 4. Nose examination
- 5. Mouth examination
- 6. Neck examination
 - a. The lymph nodes
 - b. The trachea
 - c. The thyroid gland
 - d. The carotid arteries
 - e. The jugular veins
- 7. Primary headaches
 - a. Migraine
 - b. Tension
 - c. Cluster
- 8. Secondary headaches
 - a. Analgesic rebound
 - b. Eye disorder
 - c. Sinusitis
 - d. Meningitis
 - e. Encephalitis
 - f. Subarachnoid hemorrhage
 - g. Epidural hematoma
 - h. Subdural hematoma
 - i. Brain tumor
 - j. Brain abscess
 - k. Giant cell arteritis
 - l. Temporal arteritis
 - m. Trigeminal neuralgia
- 9. Red eye
 - a. Conjunctivitis
 - b. Subconjunctival hemorrhage
 - c. Corneal injury
 - d. Corneal infection
 - e. Acute iritis
 - f. Acute Angle-closure glaucoma
- 10. Dizziness and vertigo

- a. Peripheral vertigo
- b. Ventral vertigo

11. Facies

- a. Cushing's
- b. Nephrotic syndrome
- c. Myxedema
- d. Parotid gland enlargement
- e. Acromegaly
- f. Parkinson's disease

12. Eyelids

- a. Ptosis
- b. Entropion
- c. Ectropion
- d. Lid retraction
- e. Exophthalmos

13. Eardrum

14. Tongue

- a. Geographic
- b. Hairy
- c. Fissured
- d. Smooth
- e. Candidiasis
- f. Hairy leukoplakia
- g. Varicose veins
- h. Aphthous ulcer
- i. Mucous patch of syphilis
- j. Leukoplakia

The Throat and Lungs

1. Common symptoms

- a. Chest pain
- b. Shortness of breath
- c. Wheezing
- d. Cough

- e. Blood-streaked sputum
- 2. Examination
 - a. Inspection
 - b. Palpation
 - c. Percussion
 - d. Auscultation
- 3. Chest pain
 - a. Angina pectoris
 - b. Myocardial infarction
 - c. Pericarditis
 - d. Dissecting aortic aneurysm
 - e. Tracheobronchitis
 - f. Pleuritic pain
 - g. Reflux esophagitis
 - h. Diffuse esophageal spasm
 - i. Costochondritis
 - j. Anxiety
- 4. Dyspnea
 - a. Laryngitis
 - b. Tracheobronchitis
 - c. Viral pneumonias
 - d. Bacterial pneumonias
 - e. Postnasal drip
 - f. Chronic bronchitis
 - g. Bronchiectasis
 - h. Pulmonary tuberculosis
 - i. Lung abscess
 - j. Asthma
 - k. GERD
 - l. Lung cancer
 - m. Left ventricular failure
 - n. Pulmonary emboli
- 5. Deformities of thorax
 - a. Funnel chest
 - b. Barrel chest

- c. Pigeon chest
- d. Traumatic flail chest
- e. Thoracic kyphoscoliosis
- 6. Chest disorders
 - a. Chronic bronchitis
 - b. Consolidation
 - c. Atelectasis
 - d. Pleural effusion
 - e. Pneumothorax
 - f. COPD
 - g. Asthma
 - h. Left sided heart failure

The Cardiovascular system

- 1. Common symptoms
 - a. Chest pain
 - b. Palpitations
 - c. Shortness of breath
 - d. Swelling
- 2. Techniques of examination
 - a. Blood pressure and heart rate
 - b. Jugular venous pressure
 - c. Jugular venous pulsation
 - d. The carotid pulse
 - e. Heart inspection
 - f. Heart palpation
 - g. Heart percussion
 - h. Heart auscultation
- 3. Irregular rhythms
 - a. Sinus arrhythmias
 - b. Atrial premature contraction
 - c. Ventricular premature contraction
 - d. Atrial fibrillation
 - e. Atrial flutter

4. Abnormalities of arterial pulse
 - a. Small, weak pulse
 - b. Large bounding pulse
 - c. Bisferiens pulse
 - d. Pulsus alternans
 - e. Bigeminal pulse
 - f. Paradoxical pulse
5. Variations of first heart sound
6. Variations of second heart sound
7. Extra heart sounds
8. Murmurs

The Breast and Axilla

1. Common symptoms
 - a. Breast lump and mass
 - b. Breast pain and discomfort
 - c. Nipple discharge
2. Breast examination
 - a. Inspection
 - b. Palpation
3. Axilla examination
 - a. Inspection
 - b. Palpation
4. Breast masses
 - a. Fibroadenoma
 - b. Cysts
 - c. Cancer

The Abdomen

GI tract

1. Common symptoms
 - a. Abdominal pain
 - b. Indigestion

- c. Nausea
 - d. Vomiting
 - e. Loss of appetite
 - f. Early satiety
 - g. Dysphagia
 - h. Change in bowel function
 - i. Diarrhea
 - j. Constipation
 - k. Jaundice
2. Examination of abdomen
 - a. Inspection
 - b. Auscultation
 - c. Percussion
 - d. Palpation
 3. Examination of liver
 - a. Percussion
 - b. Palpation
 4. Examination of spleen
 - a. Percussion
 - b. Palpation
 5. Abdominal pain
 - a. GERD
 - b. Peptic ulcer
 - c. Stomach cancer
 - d. Acute appendicitis
 - e. Acute cholecystitis
 - f. Biliary colic
 - g. Acute pancreatitis
 - h. Chronic pancreatitis
 - i. Cancer of pancreas
 - j. Acute diverticulitis
 - k. Acute bowel obstruction
 - l. Mesenteric ischemia
 6. Dysphagia
 7. Constipation

8. Diarrhea
9. Black and bloody stool
10. Sounds
11. Liver enlargement
12. Spleen enlargement

Urinary system

1. Common symptoms
 - a. Suprapubic pain
 - b. Dysuria
 - c. Urgency
 - d. Frequency
 - e. Hesitancy
 - f. Decreased stream
 - g. Polyuria
 - h. Nocturia
 - i. Urinary incontinence
 - j. Hematuria
 - k. Flank pain
 - l. Ureteral colic
2. Examination of kidneys
 - a. Percussion
 - b. Palpation
3. Examination of bladder
4. Urination
 - a. Polyuria
 - b. Nocturia
5. Incontinence
 - a. Stress
 - b. Urge
 - c. Overflow
 - d. Functional
 - e. Secondary to medications

Examination of aorta

The peripheral vascular system

1. Common symptoms
 - a. Abdominal, flank or back pain
 - b. Pain in the arms and legs
 - c. Intermittent claudication
 - d. Hair loss
 - e. Cold, numbness, and pallor of legs
 - f. Swelling in calves and feet
 - g. Color change in cold weather of fingers and toes
 - h. Swelling with redness
 - i. Swelling with tenderness
2. Examination
 - a. Brachial pulse
 - b. Radial pulse
 - c. Ulnar pulse
 - d. Aortic width
 - e. Femoral pulse
 - f. Popliteal pulse
 - g. Posterior tibial pulse
 - h. Dorsalis pedis pulse
3. Edema
 - a. Pitting
 - b. Lymphedema
 - c. Chronic venous insufficiency
4. Painful PVD
 - a. Atherosclerosis
 - b. Acute arterial occlusion
 - c. Reynaud's disease/phenomenon
 - d. Superficial thrombosis
 - e. DVT
 - f. Chronic venous insufficiency

- g. Thromboangiitis obliterans
- h. Compartment syndrome
- i. Acute lymphangitis

Male Genitalia

1. Common Symptoms
 - a. Penile discharge
 - b. Penile lesions
 - c. Scrotal pain
 - d. Scrotal swelling
 - e. Scrotal lesions
 - f. STIs and STDs
2. Inspection
3. Palpation
4. STD's
 - a. Genital warts
 - b. Genital herpes simplex
 - c. Primary syphilis
 - d. Chancroid
5. Abnormalities
 - a. Hypospadias
 - b. Scrotal edema
 - c. Peyronie's disease
 - d. Hydrocele
 - e. Carcinoma of the penis
 - f. Scrotal hernia
 - g. Cryptorchidism
 - h. Small testes
 - i. Acute orchitis
 - j. Tumor of the testis
 - k. Spermatocele
 - l. Acute epididymitis
 - m. Varicocele of spermatic cord
 - n. Torsion of spermatic cord
 - o. Hernias

Female Genitalia

1. Common symptoms
 - a. Menarche, menstruation, menopause
 - b. Postmenopausal bleeding
 - c. Pregnancy
 - d. Pelvic pain
 - e. STIs and STDs
2. External examination
 - a. Mons pubis
 - b. Labia major
 - c. Labia minor
 - d. Vaginal introitus
 - e. Perineum
3. Internal examination
 - a. Vagina
 - b. Vaginal walls
 - c. Cervix
 - d. Uterus
 - e. Ovaries
 - f. Pelvic muscles
 - g. Rectovaginal wall
4. Lesions of vulva
 - a. Epidermoid cyst
 - b. Syphilitic chancre
 - c. Venereal wart
 - d. Genital herpes
 - e. Secondary syphilis
 - f. Carcinoma of the vulva
5. Vaginal discharge
6. Cervix problems
 - a. Carcinoma

- b. Mucopurulent cervicitis
- 7. Uterus problems
 - a. Retroversion
 - b. Retroflexion
 - c. Myomas of the uterus
 - d. Prolapse
- 8. Ovarian problems
 - a. Cysts
 - b. PID

The Anus, Rectus and Prostate

- 1. Common symptoms
 - a. Change in bowel habits
 - b. Blood in the stool
 - c. Pain with defecation
 - d. Rectal bleeding
 - e. Rectal tenderness
 - f. Weak stream of urine
 - g. Burning on urination
- 2. Examination
 - a. Inspection
 - b. Palpation
- 3. Abnormalities
 - a. External hemorrhoids
 - b. Internal hemorrhoids
 - c. Prolapse of the rectum
 - d. Anal fissure
 - e. Polyps of the rectum
 - f. Cancer of the rectum
 - g. Anorectal fistula
 - h. Prostatitis
 - i. BPH
 - j. Cancer of prostate

The nervous system

1. Common symptoms
 - a. Headache
 - b. Dizziness
 - c. Vertigo
 - d. Weakness
 - e. Numbness
 - f. Abnormal sensation
 - g. Lack of sensation
 - h. Syncope
 - i. Loss of consciousness
 - j. Seizures
 - k. Tremors
 - l. Involuntary movements
2. Mental status examination
3. Cranial nerve examination
4. Motor system examination
5. Sensory system examination
6. Reflex
7. Disorder of central and peripheral nervous systems
8. Strokes
9. Syncope
 - a. Vasovagal
 - b. Orthostatic hypotension
 - c. Cough syncope
 - d. Micturition syncope
 - e. Arrhythmias
 - f. Aortic stenosis
 - g. Hypertrophic cardiomyopathy
 - h. MI

- i. Massive pulmonary embolism
- j. Disorders resembling syncope

10. Seizure disorders

- a. Focal seizures without impairment of consciousness
- b. Focal seizure with impairment of consciousness
- c. Focal seizures that become general
- d. Generalized seizures
- e. Pseudoseizures

11. Tremors and involuntary movements

- a. Resting
- b. Postural
- c. Intention
- d. Ticks
- e. Dystonia
- f. Chorea
- g. Athetosis
- h. Oral facial dyskinesia

12. Disorders of speech

- a. Wernicke's aphasia
- b. Broca's aphasia

13. Nystagmus

14. Facial paralysis

15. Disorders of muscle tone

- a. Spasticity
- b. Rigidity
- c. Flaccidity
- d. Paratonia

16. Abnormalities of gait and posture

- a. Spastic hemiparesis
- b. Scissors gait
- c. Steppage gait
- d. Cerebellar ataxia
- e. Parkinsonian gait
- f. Sensory ataxia

Assessment of Children

1. Assessment at birth
 - a. Apgar score
 - b. Gestational age and birth weight
2. Assessment several hours after birth
3. Assessment of infant
4. Assessing young and school aged children
5. Assessing adolescents

The pregnant woman

1. Common concerns
2. Initial prenatal history
3. Determining gestational age and date of delivery
4. Subsequent prenatal visits
5. Examination
 - a. General inspection
 - b. Height, weight and vital signs
 - c. Head and neck
 - d. Thorax and lungs
 - e. Heart
 - f. Breasts
 - g. Abdomen
 - h. Genitalia
 - i. Anus and Rectum
 - j. Extremities
 - k. Special techniques

The older adult

1. Common concerns
 - a. Activities of daily living

- b. Instrumental activities of daily living
- c. Medications
- d. Acute and persistent pain
- e. Smoking and alcohol
- f. Nutrition
- g. Frailty
- h. Advanced directives and palliative care