

CONTENTS

| | |
|--|----|
| PREFACE | 5 |
| 1. MEDICAL HISTORY | 7 |
| 1.1 Family history | 7 |
| 1.2 Personal history | 8 |
| 1.3 Professional history | 10 |
| 1.4 Social history | 10 |
| 1.5 Gynecological history | 10 |
| 1.6 Present disease | 11 |
| 1.7 Useful questions for obtaining patient's compliants | 11 |
| 1.8 Concrete example of the patient's present status | 16 |
| 2. PHYSICAL EXAMINATION | 19 |
| 2.1 General examination | 20 |
| 2.1.1 Level of consciousness, time and place orientation, disturbances of sleep | 20 |
| 2.1.2 Speech, voice and face | 21 |
| 2.1.3 Body habitus, position, gait and abnormal muscle movements | 22 |
| 2.1.4 Vital signs | 24 |
| 2.1.4.1 Anthropometric parameters | 24 |
| 2.1.4.2 Body temperature | 24 |
| 2.1.4.3 Respiration | 25 |
| 2.1.4.4 Pulse – heart rate | 25 |
| 2.1.4.5 Blood pressure | 27 |
| 2.1.5 Examination of the skin | 28 |
| 2.1.5.1 Temperature and moisture | 28 |
| 2.1.5.2 Turgor | 28 |
| 2.1.5.3 Color | 28 |
| 2.1.5.4 Localized skin lesions | 30 |
| 2.1.5.5 Oedema | 31 |
| 2.1.5.6 Nail disorders | 32 |
| 2.2 Regional examination | 33 |
| 2.2.1 Physical examination of the head | 33 |
| 2.2.1.1 Examination of the eyes | 33 |
| 2.2.1.2 Examination of the ears | 36 |

| | |
|---|----|
| 2.2.1.3 Examination of the nose | 36 |
| 2.2.1.4 Examination of the mouth | 37 |
| 2.2.2 Physical examination of the neck | 38 |
| 2.2.2.1 Examination of the thyroid gland | 39 |
| 2.2.2.2 Examination of the carotid pulse | 39 |
| 2.2.2.3 Evaluation of the jugular venous pressure | 39 |
| 2.2.2.4 Examination of the lymph nodes | 40 |
| 2.2.3 Physical examination of the chest and lung | 40 |
| 2.2.3.1 Inspection of the chest | 40 |
| 2.2.3.2 Palpation of the chest and vocal fremitus | 42 |
| 2.2.3.3 Examination of the breasts by inspection and palpation | 42 |
| 2.2.3.4 Percussion of the chest and lungs | 43 |
| 2.2.3.5 Auscultation of the lungs | 46 |
| 2.2.3.5.1 Main breathing sounds, vocal resonance | 46 |
| 2.2.3.5.2 Added pathologic sounds (rales) | 47 |
| 2.2.4 Physical examination of the heart | 48 |
| 2.2.4.1 Inspection of the cardiac area | 48 |
| 2.2.4.2 Palpation of the heart | 49 |
| 2.2.4.3 Percussion of the heart | 49 |
| 2.2.4.4 Auscultation of the heart | 50 |
| 2.2.4.4.1 Cardiac rhythm | 50 |
| 2.2.4.4.2 Heart sounds | 50 |
| 2.2.4.4.3 Added sounds | 51 |
| 2.2.4.4.4 Heart murmurs | 52 |
| 2.2.5 Physical examination of the abdomen and abdominal organs | 56 |
| 2.2.5.1 Inspection of the abdomen | 57 |
| 2.2.5.2 Percussion of the abdomen | 58 |
| 2.2.5.3 Palpation of the abdomen | 59 |
| 2.2.5.4 Auscultation of the abdomen | 61 |
| 2.2.5.5 Physical examination of the abdominal organs | 62 |
| 2.2.5.5.1 Liver | 62 |
| 2.2.5.5.2 Gallbladder | 62 |
| 2.2.5.5.3 Spleen | 63 |
| 2.2.5.5.4 Kidneys | 64 |
| 2.2.5.6 Digital rectal examination | 66 |
| 2.2.6 Physical examination of the locomotor system | 66 |
| 2.2.6.1 Physical examination of the upper limbs | 66 |
| 2.2.6.2 Physical examination of the lower limbs | 67 |
| 2.2.6.3 Physical examination of the spine | 70 |
| 3. EXAMPLE OF A NORMAL PHYSICAL EXAMINATION | 73 |