

- General health maintenance screening and counseling topics are organized into a single chapter for easy access that includes informative tables of updated recommendations.
- All regional chapters follow a uniform template that facilitates locating critical information.
- Key terms commonly discussed in clinical rounds and rotations are highlighted in **bold text** throughout the textbook, and their “must-know” definitions are located in a glossary available in the eBook.
- Summary checklists of key physical examination steps are included in the regional examination chapters for review purposes.
- Many of the figures are new or provided with more descriptive captions.
- For the first time, all textboxes are numbered to make them easier to locate and reference in both the print and electronic editions.

## Organization

The book comprises three units: *Foundations of Health Assessment*, *Regional Examinations*, and *Special Populations*.

**Unit 1, *Foundations of Health Assessment***, consists of chapters that follow a logical sequence beginning with an overview of the components of the patient encounter, followed by important concepts in assessment of clinical evidence and clinical decision making.

- **Chapter 1, *Approach to the Clinical Encounter***, features the sequence of the key elements of the clinical encounter using the Enhanced Calgary-Cambridge Guides as a framework. This chapter also includes general approaches to establish rapport with different age groups and persons with varying physical and sensory abilities. It also includes foundational concepts on social determinants of health, medical ethics, and bias in health care.
- **Chapter 2, *Interviewing, Communication, and Interpersonal Skills***, presents the techniques of skilled and advanced interviewing. Expanded topics include informed consent, working with medical interpreters, discussing advance directives, and disclosing serious news. This chapter also provides approaches to challenging patient behavior and situations.
- **Chapter 3, *Health History***, describes the components of the health history and effective interviewing techniques for eliciting the patient’s history. Differences between comprehensive and focused health history taking are also discussed. Techniques for transforming information gathered in the interview into the structured format of the written health history are also described. There are expanded discussions of the sexual health history and the SBIRT (Screening, Brief Intervention, and Referral to Treatment) model for behavioral modification as well as general approaches to tailoring

the health history for specific patient situations. Chapter 3 also presents guidelines for creating a clear, succinct, and well-organized patient record including helpful templates for constructing the History of Present Illness.

- **Chapter 4, *Physical Examination***, provides a model for sequencing the art and science of the physical examination that optimizes patient comfort. This new chapter includes a section of required equipment and their descriptions as well as guidance for modifying the examination for various care sites and situations.
- **Chapter 5, *Clinical Reasoning, Assessment, and Plan***, was expanded and rewritten for the thirteenth edition by Drs. Rainier Soriano and Joseph Truglio. It provides a discussion of the basic steps of the clinical reasoning process highlighted by key concepts of the use of illness scripts, semantic qualifiers, and the construction of summary statements (problem identification). Helpful memory aids and illustrative examples are also provided to help students master this complex skill of synthesizing information gathered from the clinical interview and physical examination to develop an assessment and plan. The chapter also provides guidance on giving oral presentations of your patient and their clinical findings.
- **Chapter 6, *Health Maintenance and Screening***, is one of the new chapters written for the thirteenth edition by Drs. Richard Hoffman and Rainier Soriano and organizes the various general health recommendations for screening and counseling from the U.S. Preventive Services Task Force (USPSTF) into a single chapter.
- **Chapter 7, *Evaluating Clinical Evidence***, was streamlined for this edition by Dr. Richard Hoffman and clarifies key concepts to ensure student understanding of the use of history and physical examination as diagnostic tests; tools for evaluating diagnostic tests such as sensitivity, specificity, positive and negative predictive values, and likelihood ratios; types of studies that inform recommendations for health promotion; and an approach to critical appraisal of clinical literature and types of bias.

**Unit 2, *Regional Examinations***, covers the regional examinations from head to toe. The 17 chapters in this unit were reorganized and thoroughly updated. They contain a review of anatomy and physiology, the common symptoms encountered in the health history, detailed descriptions and images of techniques of examination, a sample written record, and comparative tables of abnormalities, and they conclude with extensive references from the recent clinical literature. Important topics for health promotion and counseling were moved to the end of the chapter for a more focused understanding of these complex topics. Chapters with the most significant revisions are highlighted below.

- **Chapter 8, *General Survey, Vital Signs, and Pain***, provides updates on home and ambulatory blood pressure monitoring and features new illustrations for height, weight, and temperature determinations.
- **Chapter 9, *Cognition, Behavior, and Mental Status***, was substantially revised to focus on common mental health concerns in primary care

- settings. Updates on neurocognitive disorders according to the *Diagnostic and Statistical Manual of Mental Disorders*, 5th Edition (*DSM-5*) are also included.
- **Chapter 10, *Skin, Hair, and Nails***, continues the framework for assessing common lesions and abnormalities from previous editions and now includes illustrations of primary lesions.
- **Chapter 11, *Head and Neck***; **Chapter 12, *Eyes***; **Chapter 13, *Ears and Nose***; and **Chapter 14, *Throat and Oral Cavity*** are new chapters subdivided from a single chapter in previous editions. These individual chapters provide a more focused understanding of their component organ systems and their pathophysiologic interconnectedness.
- **Chapter 23, *Musculoskeletal System***, contains a more systematic approach to the musculoskeletal examination, and each discussion of the regional joint follows the Look-Feel-Move method.

Other notable features include discussion of updated screening guidelines for breast cancer, prostate cancer, and colon cancer as well as updated information on sexually transmitted infections and their prevention.

**Unit 3, *Special Populations***, includes chapters covering stages in the life cycle—infancy through adolescence, pregnancy, and aging.

- **Chapter 25, *Children: Infancy Through Adolescence***, was reorganized to highlight the different stages in pediatric development. Additional content includes assessment and discussion of LGBTQ youth as well as the many tables and figures that highlight key concepts.
- **Chapter 26, *Pregnant Woman***, expands on key information regarding health promotion and counseling topics from the American College of Obstetricians and Gynecologists (ACOG) and USPSTF such as nutrition, substance abuse, intimate partner violence, and postpartum depression.
- **Chapter 27, *Older Adult***, presents updated information on frailty, when to screen, immunizations and cancer screening, the spectrum of cognitive decline and its screening; differentiation of the 3Ds (dementia, delirium, and depression), and inclusion of the updated Beers Criteria<sup>®</sup> for Potentially Inappropriate Medication Use in Older Adults from the American Geriatrics Society (AGS).

## Additional Resources

### Bates' Pocket Guide to Physical Examination and History Taking

As a companion to Bates' thirteenth edition, we recommend *Bates' Pocket Guide to Physical Examination and History Taking, Ninth edition*. The *Pocket Guide* is an abbreviated version of the Bates' thirteenth edition textbook, which is designed for portability and convenience at the point of care. Return to the textbook whenever more comprehensive study and understanding are needed.