

EXAMINATION TABS

- History Taking..... 1-2
- Cardiology..... 3-5
- Respiratory..... 6-8
- Gastroenterology..... 9-11
- Thyroid..... 12-13
- Diabetic Foot..... 14-15
- MSK: Shoulder..... 16-17
- MSK: Spine..... 18-19
- MSK: Knee..... 20-21
- Neurology: Upper Limb..... 22-23
- Neurology: Lower Limb..... 24-25
- Neurology: Cranial Nerves..... 26-27
- Mental State Exam (MSE)..... 28
- Lymph Nodes / Glasgow Coma..... 29
- Snellen Chart..... 30

INITIAL STEPS

! MUST complete before commencing any exam !

- ✓ 1. HAND HYGIENE
- ✓ 2. INTRO & INSTRUCTION
- ✓ 3. CONSENT
- ✓ 4. GENERAL OBSERVATIONS
 - Respiratory status
 - Body habitus
 - Vital charts
 - Environmental cues

TRACHEAL PALPATION

Cricosternal Distance

→ Normal = 3-4 fingers
A = cricoid cartilage
B = suprasternal notch

Trachea Position

i) Dip finger into thorax beside trachea
ii) Apply side pressure to locate border
iii) Compare space on both sides

Interpretation:

- Midline** = normal position
- Away** = tension pneumothorax, large pleural effusion
- Towards** = lobar collapse, pneumonectomy

SCHAMROTH'S
Clubbing = NO window

PERCUSSION
keep middle finger flat!

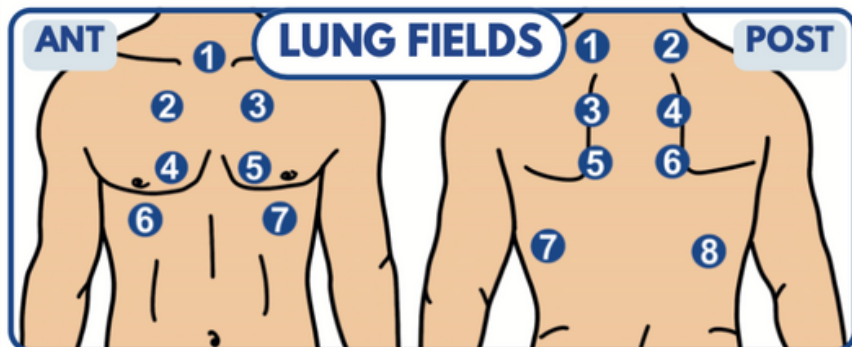
- Resonant** = normal tissue
- Dull** = fluid (i.e. pneumonia, atelectasis, edema)
- Stony Dull** = pleural effusion
- Hyperresonant** = pneumothorax, COPD

- Chest X-Ray
- ABG
- Sputum Sample
- Spirometry

SYMPTOMS

POTENTIAL Dx

Hemoptysis	➤ TB, Lung cancer, PE
Weight loss	➤ Lung cancer, COPD (end stage), Cor pulmonale
Sudden onset C/P	➤ Spontaneous pneumothorax, PE
Sudden onset dyspnea	➤ Spontaneous pneumothorax, PE
Sudden onset stridor	➤ Anaphylaxis, foreign object, acute epiglottitis



Wheeze
"Whistle"
High pitched "musical flute"
Asthma & COPD

Stridor
"Squeaky Do(o)r"
High pitch inspiratory squeak
Upper airway obstruct, croup

Crackles
"Crackle-Pop"
Fluid crackly/bubbly sound
Pulmonary edema, CHF

Rhonchi
"Rumble"
Low pitched rattle or rumble
Bronchitis, COPD, Pneumonia

Friction Rub
"Cat Scratch"
High pitched scratchy sound
Pleurisy, pericarditis

Scan to listen



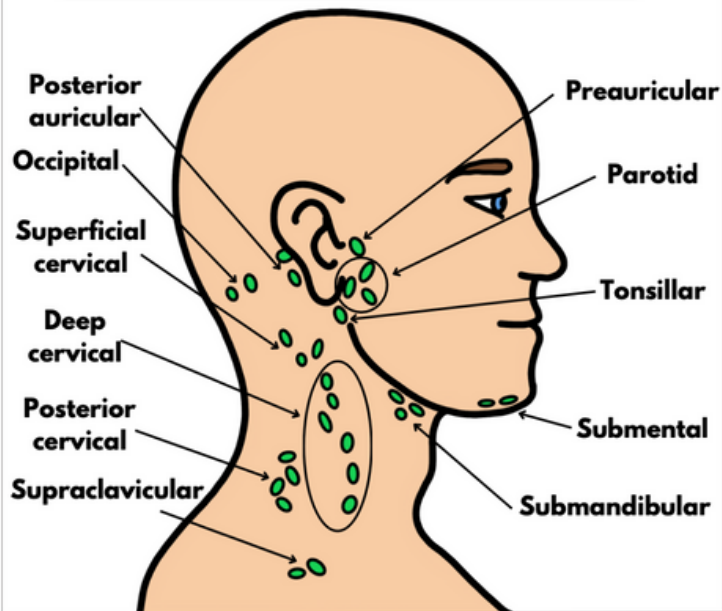
- i) Position your hands **beneath** the nipples
- ii) Wrap fingers around the chest & bring thumbs together at **midline**
- iii) During patient's deep breath, observe:
 - ➔ symmetrical upward/outward movement during **inspiration**
 - ➔ downward/inward movement during **expiration**

RES

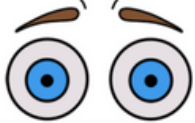


RES



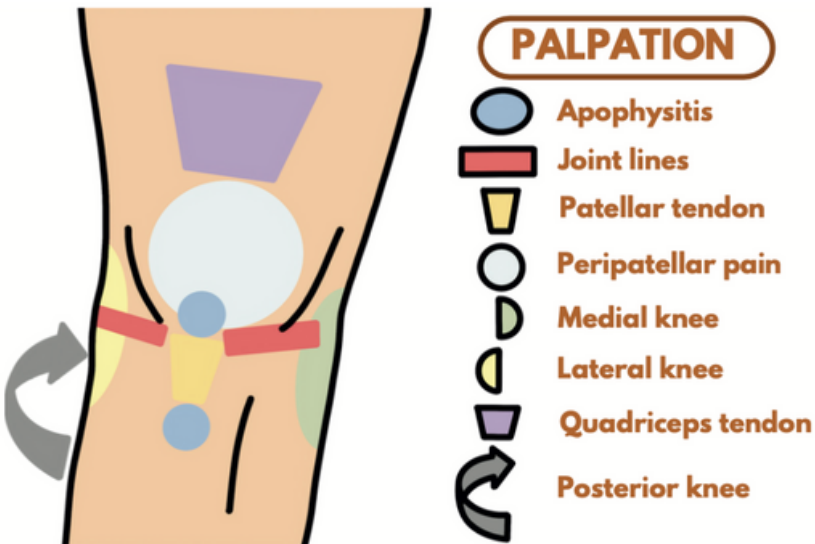
LYMPH NODES OF HEAD & NECK



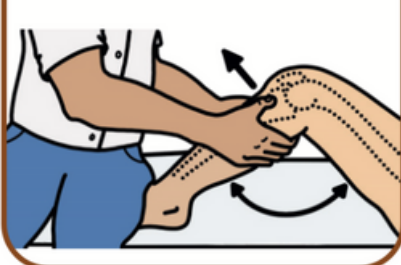
GLASCOW COMA (/15)

Behavior	Response
Eye Opening Response 	4. Spontaneously 3. To speech 2. To pain 1. No response
Verbal Response 	5. Oriented to time, person, and place 4. Confused 3. Inappropriate words 2. Incomprehensible sounds 1. No response
Motor Response 	6. Obeys command 5. Moves to localized pain 4. Flex to withdraw from pain 3. Abnormal flexion 2. Abnormal extension 1. No response

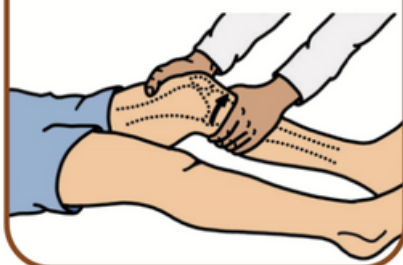
PALPATION



ANT. DRAWER TEST



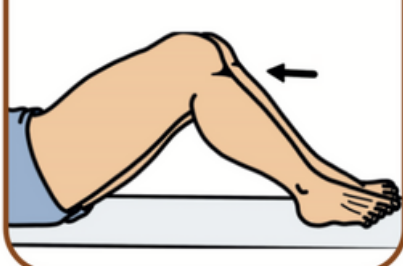
LACHMAN'S



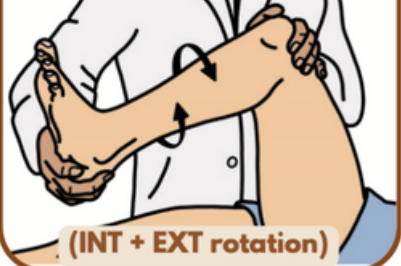
POST. DRAWER SIGN



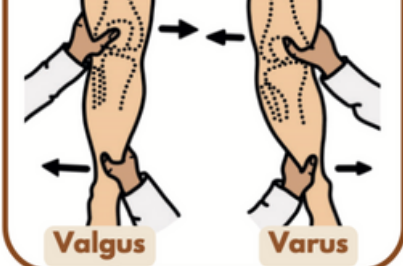
POST. SAG SIGN



MCMURRAY TEST



COLLATERAL TESTS



1 SPECIFIC OBSERVATIONS

- i) Scars
- ii) Muscle wasting
- iii) Bruising
- iv) Swelling
- v) Symmetry shoulders/hips/knees
- vi) Abnormal bony prominence

2 LOOK

- i) Anterior inspection (varus/valgus, patellar position)
- ii) Lateral inspection (extension/flexion abnormalities)
- iii) Posterior inspection (popliteal swellings)

3 GAIT

- i) Access full gait cycle
 - Symmetry & Turning
 - Signs of discomfort

4 FEEL

- i) Temperature
- ii) Palpate
 - Quadriceps bulk
 - Extended Knee (patella, medial/lateral joint lines)
 - Flexed Knee (tibial tub, head of fib, popliteal fossa)
- iii) Joint effusion (patellar tap & sweep test)

5 MOVE

- i) Active movement (patient performs independently)
 - Knee Flexion & Extension
- ii) Passive movement (controlled by examiner)
 - Instruct same movements as above
 - Look for restricted ROM, crepitus, pain

6 SPECIAL TESTS

Posterior Sag Sign	PCL injury
Anterior/Posterior Draw Tests	ACL/PCL injury
Lachman's test	ACL injury
Collateral Ligament Tests	Medial & Lateral collateral ligaments
McMurray's Test	Medial & Lateral meniscus