

H & P

DATE & TIME

CC - Reason for seeking medical attention.

SOURCE - of the information and his/her reliability.

HPI - Age, gender, race.

- Symptoms' description (i.e.: pain – its **location**, **quality** (deep, sharp, achy, stinging), quantity/**severity**, radiation, **timing** (onset, **duration**, frequency), setting, **context**, **aggravating/relieving fx**, relevant prior studies/tx., **sign(s)**).

- Pertinent positives & negatives.

PMH/PSH - **Illnesses** (including relevant negative), **injuries**, hospitalizations, **surgeries**, psychiatric diseases, pregnancies, **treatments**.

ALL - drug, food, environment (type of allergic rxn).

MED - prescription & OTC (dose, frequency, duration).

HEALTH MAINTENANCE - **screening tests** (cholesterol, mammogram, breast self-exam, PAP smear, stool for occult blood, colonoscopy, PPD), **immunizations** (Haemophilus influenza, Pneumococcal vaccine, tetanus, hepatitis B), **exposures**.

SH - **review of activities**: diet, sleep, exercise, smoking (pack/year), alcohol (CAGE), occupation.

FH - **inherited diseases & risk factors**: age & health status/cause of death of immediate family members.

ROS

CONSTITUTIONAL - overall state of health, recent weight changes, appetite, sleeping patterns, fever, chills, night sweats, fatigue, hx. of HIV.

SKIN - rash, pruritus, dryness, color changes, sores, lumps, changes in hair or nails, jaundice.

HEAD - headaches, trauma.

EYES - acuity, double/blurred vision, spots, flashes, pain, redness, excessive tearing, glasses/contact lenses (last eye exam), hx. of glaucoma or cataract.

ENT - hearing impairment, tinnitus, vertigo, discharge, pain, hx. of infection.

- rhinitis, epistaxis, sinusitis, nasal stuffiness, itching, sense of smell, hx. of frequent colds or hay fever.

- condition of teeth, dentures, last dental exam, bleeding gums, dry mouth, sore throat, mouth lesion, hoarsens.

- lumps, goiter, pain, stiffness, "swollen glands".

BREAST - tenderness, lumps, discharge, bleeding.

RESPIRATORY - cough (non/productive), sputum (color, quantity), dyspnea, wheezing, hemoptysis, pleurisy, hx. of asthma, bronchitis, emphysema, pneumonia, TB, PE.

CARDIOVASCULAR - chest pain, palpitations, orthopnea, PND, edema, hx. of murmur, CAD, CABG, MI, CHF, HTN, AFib, Hyperlipidemia.

- varicose veins, claudication, Raynaud's phenomenon, thrombophlebitis, hx. of DVT.

GI - nausea, vomiting, dysphagia, heartburn, indigestion, diarrhea, constipation, change in bowel habits, abdominal pain, increased girth, excessive belching or passing gas, black tarry stools, hemorrhoids; hx. of GERD, PUD, diverticulosis, polyps, hepatitis, liver or gallbladder disease.

GU - dysuria, frequency, urgency, nocturia, urethral discharge, hematuria, burning on urination, hesitancy, dribbling, reduced caliber or force of the urinary stream, incontinence, stones, sexual dysfunction.

Male genitalia - discharge, hernias, scrotal pain/masses, sores.

GYN/OB - age at menarche; frequency, regularity, duration, amount of bleeding; dysmenorrhea, dyspareunia; age at menopause (sx, bleeding); GPA, miscarriage, vaginal discharge or abnormal bleeding.

MUSCULOSKELETAL - weakness, stiffness, muscle cramps, swelling, joint pain, hx. of gout, low back pain, OA, RA.

NEUROLOGIC - syncope, seizure, paralysis/paresis, weakness, numbness, dizziness, tremor, balance problems, abnormal gait, anxiety, insomnia, hx. of CVA, TIA.

PSYCHIATRIC - depression, nervousness, memory problems, hx. of mental disorder.

ENDOCRINE - heat or cold intolerance, polyuria, polydipsia, polyphagia, hx. of DM, thyroid disease, osteoporosis.

HEMATOLOGIC/LYMPHATIC - easy bruising/bleeding, hx. of anemia, bleeding disease, anemia, transfusion rxn, sickle cell disease/trait.

ALLERGY/IMMUNOLOGY - allergies, immunological deficiencies.

PHYSICAL EXAM

VITALS - (any 3) **BP (orthostatics, if indicated)**, **pulse** (regularity), **respirations** (pattern), **temperature** (route), **height, weight**.

GENERAL - state of health, **general appearance**, nutritional status, hygiene, apparent age, any distress, cooperation.

SKIN - **inspection and palpation**: texture, color, temperature (ex. warm & dry), turgor (adequate), rash, purpura, icterus, unusual pigmentation; hair-appearance, distribution & texture.

LYMPH NODES - if palpable (**2 or > areas**), their size, consistency, mobility, tenderness (cervical, supraclavicular, axillary, inguinal).

HEAD - size, shape, symmetry (normocephalic), lesions (atraumatic).

EYES - cornea (lesions), **conjunctiva** (clear), **lids**, sclera (color), **pupils** (equal, size, shape, reaction to light & accommodation), **iris**, extraocular muscle movement (nystagmus/strabismus), visual fields & acuity, fundi (any hemorrhages or exudates, **disc** description).

EARS - **hearing** (adequate), **external inspection**, auditory external canals (clean, no lesions), **tympanic membrane** (intact).

NOSE & SINUSES, MOUTH & THROAT - **external inspection**, **septum** (deviation), patency; **mucosa** (color, discharge, lesions, polyps), **turbinates**, sinuses' tenderness.

- **lips** (cyanosis or pallor), buccal mucosa (moist, dry, lesions), **gums**, **teeth** (condition), dentures, tongue (tremor, lesions), palate, **oropharynx** (color, lesions, exudates, erythema, inflammation), gag reflex.

NECK - **supple, range of motion**, any tracheal deviation, **thyroid gland** (size, nodules, masses).

BACK - spinal curvature (normal), any scoliosis, kyphosis or tenderness, range of motion.

CHEST - thorax symmetry & expansion, AP diameter.

BREAST - **inspection** (symmetry, contour), **palpation (breast & axillae)**:(tenderness, masses), edema, ulceration, erythema; nipples: inversion, ulceration, discharge.

LUNGS - accessory respiratory **muscle use**, fremitus, **resonance** of the lung fields, **auscultation** (breath sounds, voice sounds, rales, rhonchi, wheezes).

CARDIOVASCULAR - **palpation** (hives, thrills, PMI), **auscultation** (heart sounds (intensity), abnormal sounds, murmurs (location, radiation, quality, timing, intensity, pitch), rate, rhythm; **carotid** pulses/bruit, jugular venous distention, brachial, radial, **femoral, popliteal dorsalis pedis**, posterior tibialis pulses, **abdominal aorta**; **extremities edema**, clubbing, cyanosis.

GASROINTESTINAL - size, contour, capillary dilatations, surgical scars, bowel sounds, **tenderness**, guarding, rebound, **masses**, tympany, dullness, size of the **liver & spleen, hernia**;P/R **exam-external** lesions, hemorrhoids, **sphincter**; **stool for occult blood** (if indicated).

GENITALIA - **female**: **external genitalia** (pubic hair distribution, lesions, discharge, ulcers, nodules), **urethra, bladder**, internal exam (vaginal wall, **cervix**, cytology specimen), bimanual exam (cervical tenderness, **ovarian/uterine**: masses, enlargement, tenderness).

- **male**: pubic hair, **penis** (discharge, ulcer, inflammation), **scrotum** (swelling, masses, ulcer), **prostate** size, consistency, nodules, stool for occult blood.

MUSCULOSKELETAL - **gait & station, digits & nails**(clubbing, cyanosis, deformities); **inspection &/or palpation, ROM, stability, muscle strength & tone of 1 or > of**: - head & neck, - spine, ribs & pelvis, - right upper extremity, - left lower extremity, - right lower extremity, - left lower extremity.

NEUROLOGIC - awake, alert, speech, memory, expression, **cranial nerves**, muscle strength, muscle atrophy or involuntary movement, sensation (light touch, pain, vibratory stimuli), focal motor/ **sensory** deficits, cerebellar function: Romberg test, coordination in finger-to-nose, heel-to-shin, alternate motion testing; **DTR**.

PSYCHIATRIC - **judgment & insight, oriented (time, person, place), recent & remote memory, mood & affect**.



FLINT