

**DATA BASE SAMPLE: PHYSICAL EXAMINATION  
WITH ALL NORMAL FINDINGS**

GENERAL APPEARANCE: (include general mental status)

**45 y/o female who is awake and alert and who appears healthy and looks her stated age**

VITALS

- ▶ Temperature: **37.5° C oral** (*list the site where the temperature was taken, i.e., oral, rectal, tympanic membrane, axillary*)
- ▶ Blood Pressure:
  - ▶ R Arm/Palpation (Systolic)- **120**
  - ▶ R Arm/Auscultation- **126/70**
  - ▶ L Arm/Palpation (Systolic)- **122**
  - ▶ L Arm/Auscultation- **126/70**(*Document if you need to use a large cuff or thigh cuff for an obese arm.*)
- ▶ **Heart Rate by radial pulse palpation: 80 regular** (this implies 80 beats/minute)
- ▶ **Respiration Rate: 14** (again this implies 14 breaths/minute)

HEENT

- ▶ Head:
  - ▶ Configuration- **normocephalic**
  - ▶ Hair- **normal texture**
  - ▶ Scalp- **θ lesions, tenderness**
- ▶ Eyes:
  - ▶ Sclera- **white**
  - ▶ Conjunctiva- **pink**
  - ▶ Fundoscopy-
    - Red Reflex: **present**
    - Disc: **round, sharp margins, nl color**
    - Vessels: **nl caliber, A/V ratio ~ 1/2**
    - Background: **θ abn pigmentation, hemorrhages or exudates**
    - Macula: **visualized**
- ▶ Ears:
  - ▶ External Ear-**θ lesions, masses, tenderness**
  - ▶ Auditory Canal- **normal**
  - ▶ Eardrum- **TM's gray, translucent, with nl light reflex**
- ▶ Nose:
  - ▶ Color- **pink θ discharge**
  - ▶ Septum- **midline**
  - ▶ Inferior and Middle Turbinates – **normal**
- ▶ Throat and Mouth:
  - ▶ Teeth: **Present and in good dentition**
  - ▶ Tongue: **θ lesions**
  - ▶ Gums and Mucosa: **θ swelling, bleeding, infection**
  - ▶ Pharynx and Tonsillar Fossa: **normal**
  - ▶ Openings of Stensen's and Wharton's Ducts: **identified**

## NECK

- ▶ Active ROM: **nl flexion, extension, lateral rotation and tilting**
- ▶ Trachea: **midline, mobile**
- ▶ Thyroid: **non-palpable or palpable, nl size & consistency,  $\theta$  lesions**
- ▶ Suprasternal Notch:  **$\theta$  pulsation**

## BREASTS

- ▶ Inspection (Breasts and Nipples)- **nl size, symmetrical--nipples symmetrical and everted**
- ▶ Palpation (Breasts and Nipples)-  **$\theta$  masses, nipples  $\theta$  discharge**

## HEART

- ▶ Neck Veins-  **$\theta$  JVD at 45°**
- ▶ Carotid Arteries:
  - Palpation (Amplitude and Contour)- **nl upstroke & amplitude bilaterally**
  - Auscultation:  **$\theta$  bruits**
- ▶ Precordium:
  - Inspection-  **$\theta$  lifts or heaves - PMI not visible**
  - Palpation-  **$\theta$  parasternal impulses,  $\theta$  thrills**
    - PMI- **palpable in 5<sup>th</sup> ICS, MCL; nl size**
  - Auscultation:
    - S1- **heard best at apex, nl intensity**
    - S2- **heard best at base, nl splitting,  $A_2 > P_2$**
    - Extra Sounds-  **$\theta$  S<sub>3</sub>, S<sub>4</sub>**
    - Murmurs-  **$\theta$  murmurs**

## THORAX & BACK

- ▶ Observation: **symmetrical expansion with respiration**
- ▶ Percussion:  **$\theta$  spinal tenderness,  $\theta$  CVA (costovertebral angle) tenderness**

## LUNGS

- ▶ Percussion and Palpation of Lung Fields- **nl resonant percussion**
- ▶ Auscultation- **clear, nl vesicular breath sounds**  
(An accepted abbreviation for normal lung Percussion & Auscultation is “Clear to A&P”)

## ABDOMEN

- ▶ Observation: **scaphoid  $\theta$  scars, striae**
- ▶ Auscultation: **nl bowel sounds,  $\theta$  bruits**
- ▶ Palpation:
  - ▶ Superficial-  **$\theta$  tenderness, masses, guarding**
  - ▶ Deep-  **$\theta$  tenderness, masses**
- ▶ Liver:
  - ▶ Palpation- **liver edge not palpable**
  - ▶ Percussion - Size- **~10 cm in R midclavicular line**

- ▶ **Spleen:** ▶ Palpation- **non palpable**
- ▶ **Kidneys:** ▶ Left- **non palpable**  
▶ Right- **non palpable**
- ▶ **Femoral  
Pulses:** ▶ Palpation- **4 / 4 bil equal**  
▶ Auscultation- **0 bruits**

### EXTREMITIES

- ▶ **Upper:** ▶ Nails-**0 cyanosis, clubbing**  
▶ Palms- **nl color, texture**  
▶ Muscles- **nl size**  
▶ Joints (including ROM)
  - Interphalangeal- **nl ROM 0 deformities**
  - Wrists- **flexion = 90°**, = **extention 70°**, **radial deviation = 20°**,  
**ulnar deviation = 50°**
  - Elbows- **flexion = 160°**
  - Radial pulse- **4 / 4, nl and symmetric**
- ▶ **Lower:** ▶ Nails- **nl (0 cyanosis, clubbing)**  
▶ Muscles- **nl size**  
▶ Joints (including ROM)
  - Ankle- **dorsiflex = 20°**, **plantar flexion = 40°**, **eversion = 20°**,  
**inversion = 20°**
  - Knee- **flexion = 130°**
  - Hip- **flexion = 100°**, **internal rotation = 40°**, **ext rotation = 40°**
- ▶ Pulses:
  - Posterior Tibial- **4 / 4 bil equal**
  - Dorsalis Pedis- **4 / 4 bil equal**

SKIN: **nl, 0 lesions**

### LYMPH NODES

- ▶ Neck:
  - ▶ Submental- **not palpable**
  - ▶ Submandibular- **not palpable**
  - ▶ Anterior and Posterior Cervical- **not palpable**
  - ▶ Pre and Post Auricular- **not palpable**
  - ▶ Suboccipital- **not palpable**
  - ▶ Supraclavicular- **not palpable**

- ▶ Axillary:
  - ▶ Central Axillary- **not palpable**
  - ▶ Pectoral- **not palpable**
  - ▶ Subscapular- **not palpable**
  - ▶ Lateral Axillary- **not palpable**
- ▶ Epitrochlear: **not palpable**
- ▶ Superficial Inguinal (horizontal and vertical): **not palpable**

## NEUROLOGIC

- ▶ Mental Status: **Awake & Alert; oriented to person, place & time**
- ▶ Cranial Nerves:
  - II: Visual Acuity- **20/20 with pocket screener, both eyes**  
Visual Fields- **intact in all fields**
  - II and III: Pupillary Reaction to Light- **direct & consensual nl**  
Accommodation- **nl**  
(Can say PERRLA, pupils, equal, round, reactive to light, and accommodation for both)
  - III, IV, VI: EOM- **intact**
  - V: Light Touch Face- **nl in all 3 divisions of V**
  - VII: Wrinkle Forehead, Close Eyes, Show Teeth- **nl**
  - VIII: Hearing- **nl by rough testing**
  - X: Cough- **nl**
  - XI: Shrug Shoulders and check sternocleidomastoid muscles - **nl**
  - XII: Protrude Tongue- **midline protrusion**
- ▶ Motor System:
  - ▶ **Normal tone**
  - ▶ 5 / 5 strength in all extremities
- ▶ Sensory:
  - ▶ Light Touch- **nl**
  - ▶ Position Sense- **nl**
  - ▶ Vibration- **nl**
  - ▶ Sharp- **nl**
- ▶ Reflexes:
  - ▶ Deep tendon-
    - Biceps (C5-6)- **2/4**
    - Triceps (C6-7)- **2/4**
    - Brachioradialis-**2/4**
    - Knee (L2-4)- **2/4**
    - Ankle (S1)- **2/4**
  - ▶ Pathological - Plantar Reflex- **none (bil down going toes)**
- ▶ Coordination:
  - ▶ Gait and Balance- **nl**
  - ▶ Finger to Nose- **nl**
  - ▶ Rapid finger movements- **nl**
  - ▶ Tandem Walking- **nl**
  - ▶ Romberg- **negative**

GYNECOLOGIC EXAM (FEMALE)

- ▶ External Genitalia- **labia, clitoris, urethral orifice & introitus – all nl**
- ▶ Inspection of Cervix and Vagina- **θ bulging with straining, nl vaginal mucosa, cervix pink θ discharge.**
- ▶ Bimanual Exam- **uterus is anterior, midline, smooth, not enlarged, adnexa not felt**
- ▶ Rectovaginal Exam- **nl sphincter tone; no masses**
- ▶ Inspect anus-**no fissures, no hemorrhoids**
- ▶ Stool for Occult Blood- **θ (negative)**

*If this were a male patient, you would instead document the following:*

GENITAL EXAM (MALE)

- ▶ Penis:                      ▶ Meatus- **θ discharge**  
  Inspect and              ▶ Glans and Shaft- **circumcised male - θ lesions, masses or deformities**  
  Palpate
- ▶ Scrotum:                 ▶ Inspect- **nl**  
  Inspect and              ▶ Testes- **nl size**  
  Palpate                    ▶ Epididymis and Spermatic cord- **non tender, θ masses**

RECTAL AND PROSTATE EXAM (MALE)

- ▶ Inspect Anus- **θ lesions**
- ▶ Digital Exam of Rectum- **nl sphincter tone, θ masses**
- ▶ Digital Exam of Prostate- **nl prostate**  
    Stool for Occult Blood- **θ (negative)**