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the lung exam is a standard approach for comprehensive and focused physical examinations in patients due to their proximity to vital structures such as the heart great vessels esophagus and diaphragm a careful examination of the lungs can offer valuable insights for differential diagnoses annual physical exam the basics the physical exam is an essential part of any doctor s visit surprisingly though there are no absolutes in a routine physical a good doctor may be thorough the physical examination is typically the first diagnostic measure performed after taking the patient s history it allows for an initial assessment of symptoms and is crucial for determining the differential diagnoses and further steps an average physical exam may include the following updated health history your doctor may ask for an update on new developments and changes in your health history this may include physical examination is the process of evaluating objective anatomic findings through the use of observation palpation percussion and auscultation the information obtained must be thoughtfully integrated with the patient s history and pathophysiology technique starting in the

midclavicular line at about the 3rd intercostal space lightly percuss and move down percuss inferiorly until dullness denotes the liver's upper border usually at 5th intercostal space in mcl see 5 7 9 rule resume percussion from below the umbilicus on the midclavicular line in an area of tympany examination of the head and neck is a fundamental part of the standard physical examination it is typically one of the first parts of the physical examination and is performed with the patient in a seated position because the complete head and neck examination is lengthy it is usually tailored to the patient's history and presenting complaint reviewed revised dec 2021 view patient education reference values vary based on several factors including the specific laboratory that supplies them a patient's blood test values should be interpreted based on the reference value of the laboratory in which the test was done the laboratory typically provides these values with the test result active rom nl flexion extension lateral rotation and tilting trachea midline mobile thyroid non palpable or palpable nl size consistency θ lesions suprasternal notch θ pulsation most of the information necessary to localize a lesion in patients with neurologic complaints can be obtained by taking a careful history even features that are usually considered to be examination findings can be deduced if the right questions are asked a relatively complete physical examination should be performed on each patient regardless of the reason for the visit numerous medical anecdotes relate instances in which the examination revealed findings unrelated to and unexpected from the patient's chief complaint and major concerns what is head to toe assessment physical assessment guide 1 general appearance survey 2 chief complaint 3 health history 4

assessment of the integument 5 assessment of the head and neck 6 assessment of the eye and vision 7 assessment of the ear 8 assessment of the mouth throat nose sinus 9 assessment of the thoracic and lung np cheat sheet for documenting a physical exam learn more from thriveap the leading virtual np transition to practice education comprehensive exam a general multisystem exam or a complete exam of a single organ system and other symptomatic or related body area s or organ system s the guidelines include a examination of the nervous system the neurologic examination includes evaluation of the following mental status cranial nerves motor nerves sensory nerves reflexes coordination and balance walking gait doctors may evaluate some areas more thoroughly than others depending on what type of disorder they suspect the goals of the adult well male examination are to provide evidence based guidance toward the promotion of optimal health and well being to prevent premature morbidity and mortality from 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 a detailed newborn examination should begin with general observation for normal and dysmorphic features a term newborn should have pink skin rest symmetrically with the arms and legs in

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comprehensive exam a general multisystem exam or a complete exam of a single organ system and other symptomatic or related body area s or organ system s the guidelines include a

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examination of the nervous system the neurologic examination includes evaluation of the following mental status cranial nerves motor nerves sensory nerves reflexes coordination and balance walking gait doctors may evaluate some areas more thoroughly than others depending on what type of disorder they suspect

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the goals of the adult well male examination are to provide evidence based guidance toward

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