

General examination: [practical]

This approach regardless the system:- [with small differences]

1] Shaking hand + ...

2] identification the pt... [very important]

3] introduce your self clearly. + ...

4] get permission.

5] privacy... + ...

6] wash your hand..

7] position the pt... depend on the system we examine for example:-

→ chest:- 45 degree or sitting → ...

→ CVS:- 45 degree..

→ abdomen:- Flat or ...

→ thyroid:- sitting..

→ Breast:- 45 degree..

→ fundus exam:- sitting...

→ Lower limbs or upper limb:- 45 degree or sitting..

8] expose your pt depend on the area you examine:-

→ GI / abdomen:- From nipples to the mid thigh + keep the genitalia covered.

→ chest:- above the umbilicus.. [chest + neck]..

→ CVS:- From the leg to the neck. [leg expose ^{vascular} ...]

→ Lower limbs:- below the umbilicus + keeping the genitalia covered..

→ thyroid:- upper chest.. [to exam the retrosternal inspection] + neck...

9] ask the pt if he comfort in this position or not...

10] general exam:- should be followed

① inspection:- For the :- 1] general inspection. 2] environmental inspection 3] local inspection...

→ general inspection:- as a whole ... → by standing in the tail of the bed..

* very general features:-

1] age group + gender:- young male / female - elderly - children...

2] positive symptoms:- slight over weight

3] comfort [no pain - dyspnea ..etc]

4] no special body apetus [special position - very tall - very short - very obese - hemorrhagic ..etc]

5] no special color:- Jaundice - pallor - cyanosis..

6] any thing bilateral we should make compare and examine both..

7] make links by the general and environmental inspection ...

... etc ...

* environmental inspection depend on system that we are exam it

etc ... cigarette - spirometry - inhaler - O₂ therapy ...

[drains or catheters ...]

abnormality ← لا فاشیا بالبیاضی نی
signs..
No scar...etc — از
example..
* لامائی (نی abnormal) رضیت (لا) فاشیا
discription of the ← NO فاشیا
area [normally]

ex:- by local inspection for this lady or gentleman [Don't say pt.]

② breath pattern :- abdominothoracic ... etc

[ant/post ratio (1/3) and transverse diameter (2/3)] which is symmetrical and normal breath pattern which is the r/o abdominal and normal hair distribution and normal located nipples with no scars - pigmentation ...etc.

12) exam the hand depend on the system:-

note when we exam the hand begin by nail then joint then skin then muscle:-

② clumby...

IV) BP abnormality...

* Joint important in renal disease..

→ most common + important..

لازم يكو نوا، اصابع بواجدا عن يفت [6] flabbor + remor exam....

[7] pulse rate [in 30 sec and x2].. chest و الصدر
and abdomen.

[13] Face exam:- Facial expression ۱۱ قیامت (۱۱) [1 sec]

muscle atrophy causes:-

may be Brachial plexus pthy.

② misuse Atrophy if it is bilateral [generalized].
or due to SC lesion.

[13] Face exam:- Facial expression ۱۱ قیامت (۱۱) [1 sec]

anorexia - weight loss -

mesangio capillary

3- exam the eye fissure:- $\rightarrow$ ophthalmus.. if we see the lower sclera

→ enophthalmos...

→ ptosis.. if the upper eyelid cover more than 1/5 iris...

→ eyelids retraction... if we see the upper sclera.

4- exam the pupils:- equal bilateral or not... [Fundus exam الـ فونوسكوب]

... and myopia in DM - resp. - abdomen - HTN exam ← [myosis and mydriasis]..

5. Sclera:- Jundice...

Conjunctiva + $\leftarrow$

6- checks.. $\rightarrow$ butterfly in renal disease..

7. mouth:- while it's close to exam the lips then open the mouth → exam the tongue + buccal mucosa..

تخليه يطالع لانه مناشم يرفعوه لقنه حلقه عشان ترفع هوش ... Cyanosis ...

8-neck:- JGVp...

9- LL:- to see the calender...

10 - chest for example [locally];-

- * R₇ side for example
 - inspection.
 - palpation.
 - Percussion.
 - Auscultation.

*temporal wasting
+ in the forehead
there is sweating
in one side:-
paraneoplastic tumor in
the lung..

dystrophic

(الوجه جلة وعظيمة)

abdomen ← البطن
lymph node ← الغدة الليمفاوية

renal D. is (uremic odor) odor, (new)

8-neck:- JGVp...