Physical examination-Common signs and symptoms

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Diagnosis

• Is the conclusion or decision based in a detail examination of the relevant data gather

• Clinical diagnosis
  – Observation over a certain condition
  – Compare the observations with available information
  – Determine the probable nature of the problem
Is the logical analysis or learned process that follows a series of normatized steps that minimize the chances of mistake.
Scientific Method

1. Formulate the hypothesis
2. Avoid Biases
3. Repetibility
Homeostasis and disease

- Balance between 1) the state of the physiological systems and 2) the nature of the stress impose
- Varies with: age, general health, genetics

- Pathogens
- Genetics
- Loss of normal control regulation
- Degenerative changes
- Environmental
- Nutritional
Pathology

- Is the study of diseases
- Pathophysiology → Studies functional changes caused by the disease

- ALL DIAGNOSTIC PROCEDURES ASSUME ENOUGH KNOWLEDGE OF ANATOMY AND PHYSIOLOGY
Construction of a Diagnosis
Important Definitions

• Sign ➔ Is an objective clinical manifestation of a disease. It can be measure

• Symptom ➔ Is a subjective clinical manifestation of a disease, it can only be felt by the patient. It cannot be measure

• Syndrome ➔ Is the conjunction of signs and symptoms that can be cause by many agents
The examination framework

• Each system examination is divided into the following categories:
  • Inspection (looking).
  • Palpation (feeling).
  • Percussion (tapping).
  • Auscultation (listening).
Vital signs

It may also be appropriate to assess vital signs at an early stage. These usually include:

- Temperature.
- Blood pressure.
- Pulse
- Respiratory rate.
Set-up

Before commencing a formal examination, introduce yourself, explain what you would like to do and obtain verbal consent.

• Ensure that the patient has adequate privacy to undress.
• Make sure that you will not be disturbed.
• Check that the examination couch or bed is draped/covered by a clean sheet or disposable towelling.
• If the patient is accompanied, ask them if they would like their companion/s to stay in the room.
• Check that any equipment you will require is available (torch, cotton wool, tendon hammer, stethoscope etc.).
• When ready, the patient should ideally be positioned supine with the head and shoulders raised.
General Examination

• Begin with looking around the patient for any obvious clues including fluid restriction signs, catheter bag or nutritional supplements
General physical appearance

• Does the patient appear acutely ill or chronicly ill?
• Note the patient's overall body habitus; are they fat or thin?
• Does appear to have recently lost or gained weight?
Inspecting a lesion

- Grouped or solitary? Pattern if grouped
- Distribution/location:
  - Symmetrical/asymmetrical?
  - Peripheral?
  - In only light exposed areas?
  - Dermatomal?
- Colour.
- Shape.
- Size.
- Surface.
- Edge.
- Nature of the surrounding skin.
Some common skin colour abnormalities

- Jaundice
- Carotenaemia
- Haemochromatosis
- Addison's disease
- Albinism
- Vitiligo
The Endocrine System

- Appetite and weight changes
- Lethargy
- Bowel habit
- Urinary frequency and polyuria
- Pigmentation
- Hair distribution
- Skin and soft tissue changes
- Headache and visual disturbance
- Alteration in growth
- Changes in sexual function
- Flushing
- Thirst and polydipsia
- Sweating
The cardiovascular system

- Chest pain
- Breathlessness and oedema
- Dyspnoea (breathlessness)
- Orthopnoea
- Paroxysmal nocturnal dyspnoea
- Cough
- Ankle oedema
- Palpitations
- Syncope
Other cardiovascular symptoms

- Claudication
- Rest pain
- Fatigue
- Finding murmurs
  - Systolic murmurs
  - Diastolic murmurs
  - Continuous murmurs
The Respiratory System

- Dyspnoea
- Cough and expectoration
- Sputum
- Haemoptysis
- Wheeze
- Stridor
- Hoarseness/dysphonia
- Pain
Abdominal regions y quadrants
The Abdomen

- Oesophageal symptoms
  - Dysphagia
  - Odynophagia
  - Heartburn and acid reflux
  - Dyspepsia
- Nausea and vomiting (haematemesis, bile)
- Bowel habit
- Constipation
- Diarrhoea
- Rectal bleeding and melaena
- Jaundice and pruritus
- Abdominal swelling
Abdominal pain

- Site
- Radiation
- Character
- Aggravating/relieving factors
  - Renal colic
  - Bladder pain
  - Prostatic pain
  - Urethral pain
  - Small bowel obstruction
  - Pancreatic pain
  - Peptic ulcer pain
  - Biliary pain
Urinary and prostate symptoms

- Urinary frequency
- Urgency
- Nocturia
- Urinary incontinence
- Terminal dribbling
- Hesitancy
- Dysuria
- Haematuria
- Incomplete emptying
- Intermittency
- Oliguria and anuria
- Polyuria
The Nervous System

- Dizziness
- Headache
- Numbness and weakness
- Tremor
- Syncope
- Falls and loss of consciousness (LOC)
- Seizures
Visual symptoms

• Commonly visual loss,
• Double-vision,
• Photophobia (pain when looking at bright lights).
The Locomotor System

- Pain
- Stiffness
- Locking
- Swelling
- Deformity
- Weakness
- Sensory disturbance
- Loss of function
- Extra-articular features
Some terminology of joint deformity

- **Valgus**
  - The bone or part of limb distal to the joint is deviated laterally.
  - For example, a valgus deformity at the knees would give knock knees that tend to meet in the middle despite the feet being apart.

- **Varus**
  - Here, the bone or part of limb distal to the joint is deviated medially.
  - For example, a varus deformity at the knees would give “bow leg” with a gap between the knees even if the feet are together.
The Male Reproductive System

- Urethral discharge
- Rashes, warts, ulcers
- Testicular pain
- Impotence
- Erectile dysfunction
- Loss of sexual desire (libido)
- Infertility

  • **Particular presentations**
    - Phimosis
    - Paraphimosis
    - Hypospadias
    - Balanitis and balanoposthitis
    - Priapism
    - Penile ulcers
    - Hydrocoele
The Female Breast

• Breast pain (mastalgia)
• Nipple discharge
• Breast lumps
The Female Reproductive System

- Abnormal bleeding in gynaecology
  - Menorrhagia
  - Dysmenorrhoea
  - Intermenstrual bleeding (IMB)
  - Postcoital bleeding
  - Amenorrhoea
  - Postmenopausal bleeding
Other symptoms in gynaecology

- Pelvic pain and dyspareunia
- Vaginal discharge
- Itching or irritation of the vulva
- Urinary incontinence
Framework for the gynaecological examination

• Pelvic examination
  – External genitalia inspection.
  – External genitalia palpation.
  – Speculum examination.
  – Bimanual examination
Sign or Symptom?
Pink eye
Murmur

Auscultation is a method used to listen to sounds of the body during a physical examination.
Arthritis
Backache
Disuria
Chest pain
Wheezing
Cough
Nausea
Seizure

Tonic phase

Clonic phase

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Fever
Sneezing
Headache
Jaundice
Tumor
Pallor
Runny nose
Stomachache

We live in a fallen world
Toothache
Rash
Diarrhea