PHYSICAL EXAM SKILLS - 2ND WEEKEND
BIOMEDICAL SYSTEMS
DISEASE PROCESSES
DIFFERENTIAL DIAGNOSES
SCHEDULE

FRIDAY: 130-600PM - SYSTEMS APPROACH TO BIOMEDICINE
SATURDAY: 8-12PM - INTRO 52-STEP PE
SATURDAY: 1-3PM - WORKSHEETS FOR DDX(2), ROS, PE
RED FLAGS ASSIGNMENT GIVEN
PREVIOUS WEEK REVIEW- 1-3PM

STATE LAWS MANDATED REPORTER ASSIGNMENT
ARTICLE REVIEW- SENSITIVE AND TABOO
INTERVIEWING QUESTIONS/ANSWERS
MANDATED REPORTERS

How many unique states are represented?
Group work to highlight, ensure all important topics are covered in each state. What is mandatory, who to call, process?
My Favorite Tips for Uncovering Sensitive and Taboo Information from Antisocial Behavior to Suicidal Ideation;
Psychiatric Clinics of North America - Volume 30, Issue 2 (June 2007)
INTERVIEW STYLES

SHARING YOUR OWN TIPS AND TRICKS
HOW MUCH IS TOO MUCH
CREATING A SCRIPT FOR GATHERING INFORMATION
SYSTEMS APPROACH TO BIOMEDICINE 3-6PM

WHAT SYSTEMS ARE WE REFERRING TO HERE? BASED ON PGD BOOK RED FLAGS
THE SYSTEMS

CARDIOVASCULAR
RESPIRATORY
NEUROLOGIC
GASTROINTESTINAL
HEPATOBILIARY
MUSCULOSKELETAL
RENAL AND UROLOGIC
IMMUNE
HEMATOLOGIC
METABOLIC AND NUTRITIONAL
ENDOCRINE
EYE
EAR, NOSE AND THROAT
SKIN
MALIGNANT NEOPLASMS
INFECTION
OBSTETRICS AND GYNECOLOGICAL
SEXUAL
TRAUMA
GENETIC
PSYCHIATRIC
HOW ARE WESTERN SYSTEMS ORGANIZED?

EXAMPLE: CARDIOVASCULAR
CARDIO + VASCULAR = HEART AND VESSELS
HEART, ARTERIES, VEINS, ABOUT 5 LITERS OF BLOOD
52-STEP PHYSICAL EXAMINATION

HTTPS://EAMPWESTERNMED.FILES.WORDPRESS.COM/2012/09/ACUPUNCTURE-STUDENTS-PE.PDF
Physicians at a Northern California hospital, concerned that a 40-year-old woman with sky-high blood pressure and confusion might have a blood clot, order a CT scan of her lungs. To their surprise, the scan reveals not a clot but large cancers in both breasts that have spread throughout her body. Had they done a simple physical exam of the woman’s chest, they would have been able to feel the tumors. So would the doctors who saw her during several hospitalizations over the previous two years, when the cancer might have been more easily treated.

A middle-aged man admitted to a Seattle emergency room for the third time in six weeks displays the classic signs of liver cirrhosis for which he has been repeatedly treated, including swollen legs and a distended abdomen. But a veteran doctor spots a telltale indicator of a different disease: rapid inward pulsations just beneath the man’s right ear. The patient’s problem is not his liver but his heart: he has constrictive pericarditis, a serious condition that requires surgery.
M.H. 46 YO FEMALE

STUDENT IN M.AC PROGRAM
MOM OF 9 YR/OLD TWINS
GENTLE, BEAUTIFUL SOUL
CHRONIC COUGH

UPPER RESPIRATORY ILLNESS
COUGH ONSET AFTERWARDS
WEIGHT LOSS
11 MOS DURATION
RECEIVING ACUPUNCTURE ENTIRE TIME
NO REFERRAL, NO STETHOSCOPIC AUSCULTATION
“CAN I ASK YOUR ADVICE?”

AFTER CLASS ONE EVENING, M.H. CAME TO ME AND ASKED IF I HAD TIME FOR A QUESTION. IT TURNED INTO A QUICK HISTORY AND PE, INCLUDING AUSCULTATION OF THE LUNG FIELDS. I SENT HER FOR AN IMMEDIATE CHEST FILM. SHE CALLED HER PCP THE NEXT DAY. IT WAS CANCER. THE STAGE WAS HIGH, THE GRADE WAS HIGH. SHE DID NOT SURVIVE.
RED FLAGS

• Can be things your patient tells you

• Can be things you note on physical Examination
  
  • “this is the worst headache I’ve ever had”
  
  • tongue deviates to one side when protruding
THE IMPORTANCE OF RED FLAGS

The signs and symptoms of serious disease may be easily overlooked by the non-specialist in both primary and secondary care. The difference in pathognomonic and red flag is important to consider as one is indicative of a disease or condition and the other requires further investigation.
RED FLAGS

- insidious onset
- age >50 years old
- failure to improve after 1 month
- previous history of malignancy
- night pain/ night sweats
- unexplained weight loss
- trauma
- cancer history
- bladder dysfunction
- immune suppression
- saddle anesthesia
• Measles: Koplik Spots in Buccal Mucosa

• Parkinson’s Disease: Pill Rolling Tremors

• https://youtu.be/0-t4RTQ0EsM

• Pericarditis: Pericardial Friction Rub on Auscultation

• Hodgkins Lymphoma: Pain within Minutes of Drinking Alcohol
Each student will be assigned the lead on a body system as described by the PGD text, omitting musculoskeletal and neurological systems.

Students will be required to create a "red flags" and best practices for response document for his or her assigned system.

Due at START OF CLASS 3/19/2017
THE SYSTEMS (-MSK, NEURO)

CARDIOVASCULAR
RESPIRATORY
GASTROINTESTINAL
HEPATOBILIARY
RENAL AND UROLOGIC
IMMUNE
HEMATOLOGIC
METABOLIC AND NUTRITIONAL
ENDOCRINE
EYE
EAR, NOSE AND THROAT
SKIN
MALIGNANT NEOPLASMS
INFECTION
OBSTETRICS AND GYNECOLOGICAL
SEXUAL
TRAUMA
PSYCHIATRIC
WILL ASSIGN AT END OF WEEKEND
INTRO PHYSICAL EXAM

• Step one - Height and Weight
• Step two - Wash Hands / F.O.R.M.
• Step three - Inspect Appearance

CALCULATING BMI


- BMI: Weight in Pounds / Height in Inches
WRITE NOTES TO HELP YOU REMEMBER YOUR PATIENT
“PATIENT IS AOX3, NAD, WD/WN, DRESSED APPROPRIATELY”
“PATIENT IS AGITATED CAUCASIAN WOMAN IN MILD DISTRESS
OVER RECENT TRAUMA...”
TEMPERATURE, PULSE, RESPIRATIONS

- Check temp if suspect infection always/Baseline
- Radial pulse count
- Continue to hold pulse while watching respirations
- STEP 4-6 of 52-step exam
NORMALS:

TEMPERATURE: 98.6°F, FEVER DEFINED AS 100.4 OR ABOVE
PULSE: 60 - 100 BPM
RESPIRATION: 14-20 BREATHS PER MINUTE
Measure blood pressure

JNC 7 Guidelines for BP (current 2006)

- Normal: <120 <80
- PreHTN: 120-139 80-89
- HTN, Stage 1: 140-159 90-99
- HTN, Stage 2: >160 >100

Definition of Hypertensive “Crisis”
- SBP >180
- DBP >115-120
VIDEO TIME! BLOOD PRESSURE

HTTPS://YOUTUBE.ZA9RDBHPEAI
INSPECT SKIN AND NAILS: VIDEO

HTTPS://YOUTUB.E/O14E9JDS2TW
STEp 8 of 52-step exam
Examine -

Hair – quantity, distribution, texture, pattern of loss
Scalp – look for scaliness, lumps, nevi, other lesions
Skull – palpate for tenderness
Face
Skin

Examine
Position & alignment
Eyebrows
Eyelids
Lacrimal apparatus
Conjunctiva & sclera
EYE EXAM
STEP 11 OF 52-STEP EXAM

- https://youtu.be/j57G7N1CnOE corneal light reflex
- https://youtu.be/PAor9WG7XF4 Perrla
INSPECT EXTERNAL EAR, NOSE AND SINUSES
STEP 12-13 OF 52-STEP EXAM

- https://youtu.be/5Iovsylze8I external ear
- https://youtu.be/NO3H7DlTpS8 sinuses
- https://youtu.be/Z-CYWdc73IQ
- https://youtu.be/8Lo3bENDqzs
- Transillumination frontal and maxillary
MOUTH EXAMINATION
STEP 14 OF 52-STEP EXAM

• https://youtu.be/gmJxLhCpCQw

• Throat Pathology: Strep, Mono, PNDrip, Normal, etc.

• http://www.healthline.com/health/sore-throat#Pictures2
Inspect neck (trachea, veins)
  Inspect trachea
    If not deviated, chart “trachea midline”
      Atelactasis is only pathology that causes trachea to deviate towards the affected side
  Inspect veins: int and ext jugular vv
    Can usually easily see EJV when pt is supine but should not see when pt is seated
    EJV full of blood is caused by cardiac pathology that creates impaired venous return to R atrium
    If no distention, chart “No JVD” (jugular venous distention)
INSPECT AND PALPATE THYROID
STEP 16 OF 52-STEP EXAM

• [https://youtu.be/MXYAAvgyLf0](https://youtu.be/MXYAAvgyLf0)

• STEP 16 of 52-step exam
OBSERVE, PERCUSS, AUSCULTATE CHEST

EXAMINE CHEST
PERCUSS CHEST
AUSCULTATE CHEST

HTTPS://YOUTU.BE/BHGLFMD4FUK
STEP 17-19 of 52-step exam
BREATHE SOUNDS

HTTPS://YOUTUBE.COM/CHANNEL/ID
INSPECT PRECORDIUM, AUSCULTATE

HTTPS://YOUTU.BE/CZX9VHLJGYG
HTTPS://WWW.EASYAUSCULTATION.COM

STEPS 20-21 of 52-step exam
AUSCULTATE CAROTID ARTERY
ABDOMINAL EXAMINATION
STEPS 22-23, 26-29 OF THE 52-STEP EXAM

• https://youtu.be/aTub9RP7Uuk carotid

• https://youtu.be/FgcqkU5jOQg abdominal exam
TIBIAL AND PEDAL PULSES

PRETIBIAL EDEMA:
USE THUMBS, SQUEEZE FOR 5 SEC, LET GO
ON TOP OF TIBIA DORSUM OF FOOT
POST TO MED MALLEOLUS
STEP 24-25 OF 52-STEP EXAM

HTTPS://YOUTU.BE/8F5QE8KJJUA
LYMPH NODES

HTTPS://YOUTU.BE/RIJL98DRTPK
HTTPS://YOUTU.BE/IOEEUIZSN1G
HTTPS://YOUTU.BE/PK0LPLB1TV0

STEPS 30-32 of 52-step exam
INSPECT JOINTS/UE/LE ROM

(you will not be tested on these but we will discuss)

STEPS 33-35 of 52-step exam
(steps 37 and 38 are range of motion of cervical and lumbar spine)

INSPECT AND PERCUSS RENAL ANGLES

https://youtu.be/4HNCLLozdVU renal angle test
STEP 36 of 52-step exam
Check Visual Acuity-step 39 of 52-step exam

• USE SNELEN or ROSENBAUM CARD
TEST EOM - DEFINE NYSTAGMUS AND STRABISMUS

https://youtu.be/dL2P7Q8Cv2w EOM
Nystagmus: https://youtu.be/n0Awdk9Eag
Strabismus: https://youtu.be/ReUyBFZ_rVA

STEP 40 of 52-step exam
CRANIAL NERVES (SOME REPEAT)

https://youtu.be/OKz8-OFaxpc Cranial Nerves
STEPS 40-48 of 52-step exam
Assess judgment insight memory mood

• You've been doing this all along the exam experience

• Steps 49-52 of the 52-step exam
A 14-VIDEO SERIES ON YOUTUBE

- https://www.youtube.com/channel/UCIVkfUtFMOTW4fupooBTOXQ

- OPTIONAL if you want to watch the same provider do all exams
It was a lot of YOUTUBE... but you did it!