

# History & Physical Format

## SUBJECTIVE (History)

### Identification

name, address, tel.#, DOB, informant, referring provider

### CC (chief complaint)

list of symptoms & duration. reason for seeking care

### HPI (history of present illness) - PQRS

Provocative/palliative - precipitating/relieving

Quality/quantity - character

Region - location/radiation

Severity - constant/intermittent

Timing - onset/frequency/duration

### PMH (past medical /surgical history)

general health, weight loss, hepatitis, rheumatic fever, mono, flu, arthritis, Ca, gout, asthma/COPD, pneumonia, thyroid dx, blood dyscrasias, ASCVD, HTN, UTIs, DM, seizures, operations, injuries, PUD/GERD, hospitalizations, psych hx

### Allergies

### Meds (Rx & OTC)

### SH (social history)

birthplace, residence, education, occupation, marital status, ETOH, smoking, drugs, etc., sexual activity - MEN, WOMEN or BOTH

### CAGE Review

Ever Feel Need to **CUT DOWN**

Ever Felt **ANNOYED** by criticism of drinking

Ever Had **GUILTY** Feelings

Ever Taken Morning **EYE OPENER**

### FH (family history)

age & cause of death of relatives'

family diseases (CAD, CA, DM, psych)

## SUBJECTIVE (Review of Systems)

**skin, hair, nails** - lesions, rashes, pruritis, changes in moles; change in distribution;

**lymph nodes** - enlargement, pain

**bones , joints muscles** - fractures, pain, stiffness, weakness, atrophy

**blood** - anemia, bruising

**head** - H/A, trauma, vertigo, syncope, seizures, memory

**eyes**- visual loss, diplopia, trauma, inflammation glasses

**ears** - deafness, tinnitus, discharge, pain

**nose** - discharge, obstruction, epistaxis

**mouth** - sores, gingival bleeding, teeth, abn. taste, jaw pain

**throat** - ST, hoarseness, voice changes, URI

**neck** - swelling/stiffness, adenopathy, goiter,

**breasts** - lumps, pain, nipple discharge, last mammogram

**endocrine** - polyphagia/dipsia/uria, dec. energy/fatigue

**respiratory** - dyspnea, orthopnea, wheezing, cough, sputum, hemoptysis, pain, pleurisy, night sweats, TB, #pillows, pneumonia, asthma

**CV (cardiovascular)** - CP, palpitations, claudication peripheral edema, ascites, cold feet, phlebitis, cyanosis

**GI** - appetite/wgt change, dysphagia, N/V, hematemesis, BRBPR, melena, abd, pain/colic, icterus, diarrhea, constipation, change in bowels, tenesmus, hemorrhoids ,rectal pain, hernia

**GU** - polyuria, oliguria, dysuria/strangury, hematuria, pyuria, incontinence, nocturia, pain passage of stones, UTI, pyelo & STD hx

**MS** - arthralgia, arthritis, myalgia, joint stiffness/swelling/ heat/pain, podagra/gout  
**nervous** - smell, chewing, visual, facial weakness, hearing, balance, speech & swallowing, taste,  
**motor** - weakness, paralysis, atrophy, seizures, incoordination  
**sensory** - pain, paresthesias, anesthesia  
autonomic - incontinence, sweating, erythema, cyanosis, pallor, temp sensitivity  
**mental status** - relations w family, lability of mood, hallucinations, delusions, depression, somnolence, insomnia

## **OBJECTIVE (Physical Exam - sample recordings)**

**vital signs & general appearance:** age, sex, well developed/nourished, appears stated age, NAD  
**head** - normocephalic, no masses /lesions, cicatrices, malar flushing  
**eyes** - visual fields intact (cut)by confrontation, PERRLA, conjunctiva clear, sclera white, anicteric, (1-2 beat nystagmus on lateral gaze.) EOMI, no ptosis; fundi: red reflex present (B). discs flat w sharp margins, vessels present w/o crossing defects, retinal hemorrhages  
**ears** - TM's non-injected(erythematous, bulging), good light reflex, no protrusion or retraction; Weber midline, Rinne ac>bc, Whisper test 3:3  
**nose** - nares patent, no deformity, septal deviation or perforation  
**throat** - pharynx non-injected, palate rises symmetrically, gag present,  
**mouth** - buccal mucosa, moist and intact, tonsils present, dentition intact, caries, tongue midline w/o fasciculations  
**neck, axilla & breasts** - no LAD (lymphadenopathy), masses, or thyromegaly/focal lump, carotid pulses 2+ & = (B), no bruits, supple full ROM trachea midline, breasts symmetric, no retraction, lesions, masses or tenderness  
**back, thorax & lungs** - chest expansion symmetric, CTA (clear to auscultation), eupnea, no adventitious sounds (rales, crackles, wheezes)  
**CV (cardiovascular)** - RRR no m/r/g (systolic ejection murmur, rubs, gallops)  
**abdomen** - soft non-tender w/o masses, tympany to percussion in all 4 quads, BS present (hyper/hypoactive, absent); no HSM (hepatosplenomegaly), no bruits  
**extremities** - extremity size symmetric w/o swelling/atrophy, temp warm (B). All pulses present, 2+ & = (B), no LAD, **skin** - pink-tan color, good turgor w/o lesions, redness, cyanosis, edema or cicatrices;  
**nails** - no clubbing or deformities w good cap refill  
**musculoskeletal** - gait normal, able to tandem walk, no Romberg's sign; joints and muscles symmetric, no swelling, masses, deformity or tenderness to palpation; no heat or swelling of joints; full ROM; muscle strength 5/5- able to Aminin flexion against resistance & w/o tenderness  
**muscle grading** – evaluate D (deltoid), T (triceps), B (biceps), WF (wrist flexion), WE (wrist extension), Quad (quadriceps), PF (plantar flexion) DF (dorsiflexion) scoring 0-5 out of 5 according to following scale:  
5 Normal Complete ROM against gravity with full resistance  
4 Good Complete ROM against gravity with some resist  
3 Fair Complete ROM against gravity  
2 Poor Complete ROM with gravity eliminated  
1 Trace Evidence of slight contractility. No joint motion  
0 Zero No evidence of contractility  
**genitalia/rectum** - no lesions, inflammation or discharge from penis, rectum: no fissure, hemorrhoids, fistula or lesions in perianal area; sphincter tone good; prostate not enlarged, no masses, nodules or tenderness. Stool brown, guaiac neg.  
**pelvic** - no vaginal/cervical lesions, uterus size & position; no adnexal tenderness  
**nervous** - (LOC, DTR's, MMS) - CN II-XII grossly intact, alert oriented, cooperative  
**sensory** - pinprick, light touch & vibration intact; proprioception tested (unable to differentiate sharp/dull mid-calf  
**motor** - no atrophy, weakness, tremors or clonus; RAM (rapid, alt. movement) finger-to-nose/heel-to-shin intact; Romberg negative  
**DTR's** - all 2+ & = (B); Babinski absent toes upgoing, downgoing or equivocal (inconclusive); plantar response in extensor on (L); Naming & repetition intact; memory 3:3; (B) Pronator drift - (R)>(L); gaze preference; neglect; extinguishing sensory (light touch to ea. ext then to both simultaneously): extinguishes (L or R) side to direct sen. stim.

**reflex grading** – evaluate biceps (C5, C6); triceps (C6, C7, C8); brachioradialis (C5, C6); patellar (L2, L3, L4); Achilles' (S1, S2); plantar/Babinski (L4, L5, S1, S2) based on following scale:

- 4+ very brisk/hyperactive - clonus
- 3+ more brisk than average
- 2+ average/normal
- 1+ low normal/diminished
- 0 no response or equivocal

**Cranial Nerve Evaluation (using specific tests)**

- CN I (Olfactory) - smell mint leaves/tobacco
- CN II (Optic) - visual acuity & fundoscopic
- CN III (Oculomotor) - pupillary reaction
- CN IV (Trochlear) - pupillary reaction
- CN V (Trigeminal) - clench teeth, open jaw, lip/chin test for light touch
- CN VI (Abducens) - EOM
- CN VII (Facial) - raise eyebrow/frown/show teeth/smile/puff cheek
- CN VIII (Acoustic) - whisper test; Weber/Rinne tests
- CN IX (Glossopharyngeal) - hoarseness, tongue movement
- CN X (Vagus) - saying "ah," & note palate and uvula move upward
- CN XI (Spinal Accessory) - shrug shoulders
- CN XII (Hypoglossal) - inspect tongue for atrophy/fasciculations