

## Physical Assessment - Scenario #2: Heart Attack

### GENERAL APPEARANCE: (include general mental status)

68-year-old who is awake and alert, complaining of jaw and back pain and an anxious feeling of doom

### VITALS

Temperature: 37.3° C tympanic

Blood Pressure: 152/102 (long adult cuff)

Heart Rate by radial pulse palpation: 98 and irregular, apical rate: 120 and irregular

Respiration Rate: 26, short of breath

### HEENT

Head: Configuration- normocephalic

Hair: Normal texture

Scalp: No lesions, tenderness

Eyes: Sclera - white; conjunctiva - pink

Ears: External ear - no lesions, masses, tenderness; auditory canal - normal

Nose: Color: pink, no discharge; septum - midline

Throat and Mouth: Oral mucosa: pink and moist; teeth: present, good dentition; tongue: 0 lesions, pink and moist; gums

and oral mucosa: no swelling, bleeding, signs of infection

### NECK

Active ROM: Normal flexion, extension, lateral rotation and tilting

Trachea: Midline, mobile

No palpable lymph nodes

Carotid pulses: 2+ bilaterally and regular

### THORAX & BACK

Inspection: Symmetrical expansion with respiration, no scars or striae; normal spinal curvature, no deformities

### **LUNGS**

Auscultation: Tachypnea with complaints of difficulty “catching breath”

Pulse oximetry: 89% on room air, 92% after application of face mask at 2 L/minute O<sub>2</sub>

### **HEART**

Auscultation: S<sub>1</sub> and S<sub>2</sub> heard in all 4 locations, S<sub>4</sub> noted: atrial gallop

### **ABDOMEN**

Inspection: Flat, no scars, no striae

Auscultation: Normal bowel sounds, no bruits

Palpation: No tenderness, masses, guarding

### **EXTREMITIES**

Upper

Nails: No cyanosis, clubbing, capillary refill < 4 seconds

Radial pulses: 1+ bilaterally and equal

Lower

Nails: No cyanosis, clubbing, capillary refill < 4 seconds

Pulses: Pedal - 1+ bilaterally and equal

### **SKIN**

Normal, no lesions, normal color for race

### **NEUROLOGIC**

Mental status: Awake and alert, complaining of lightheadedness, difficulty answering questions

Pupils: R and L: react to light, equal, round, and 3 mm