

## Physical Assessment - Scenario #4: C Diff

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

42-year-old, awake and alert, answers questions, complains of fatigue

### VITALS

Temperature: 39.7° C oral

Blood Pressure: 98/52 (regular adult cuff)

Heart Rate by radial pulse palpation: 118 regular, thready

Respiration Rate: 22

### HEENT

Head: Configuration- normocephalic

Hair: Fine texture

Scalp: No lesions, tenderness

Eyes: Sclera- white; Conjunctiva- pink; Pupils: Both are round and reacted to light, 3 mm;

Cardinal gaze: Normal, eyes appear sunken

Ears: External Ear- no lesions, masses, tenderness; Auditory Canal- normal

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

Throat and Mouth:

Teeth: No missing, broken or loose teeth noted

Tongue: Pink, slightly rough

Gums and mucosa: Moist, no swelling, bleeding, pale

### NECK

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

Trachea: Midline, mobile

No palpable lymph nodes

Carotid pulses: 1+ bilaterally and regular

## **THORAX & BACK**

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

## **LUNGS**

Auscultation: Clear, shallow breathing

## **HEART**

Auscultation: S1 and S2 heard in all 4 locations, no extra sounds or murmurs auscultated

## **ABDOMEN**

Inspection: Swollen, no scars, no striae

Auscultation: Hyperactive bowel sounds all 4 quadrants

Palpation: Diffuse tenderness

Bowel movements: 3 days of watery, loose stools - 10-12 episodes daily. Today noted blood in stools

## **EXTREMITIES**

### **Upper**

Nails: No cyanosis, clubbing, capillary refill > 3 seconds

Muscles: Firm and symmetrical

Radial pulses: 2+ bilaterally and equal

### **Lower**

Nails: No cyanosis, clubbing, capillary refill > 3 seconds

Pulses: Pedal- 1+ bilaterally and equal

## **SKIN**

Normal color for race, no lesions or abnormalities noted

Tenting noted when turgor evaluated

## NEUROLOGIC

Mental Status: Awake and alert; oriented to person, place & time

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

III, IV, VI: EOM: Intact, cardinal gaze present

## COORDINATION

Gait and balance: Lightheadedness and fatigue upon arising

Romberg: Negative