

Physical Assessment - Scenario #1: Well Check

GENERAL APPEARANCE (include general mental status)

22-year-old: awake and alert and answered questions without difficulty or hesitation.
Dressed in clean clothing. Positive affect noted, interacted appropriately with staff.

VITALS

Temperature: 37.5° C oral (tympanic membrane)
Blood Pressure: 126/70 (regular adult cuff)
Heart Rate by radial pulse palpation: 80 regular
Respiration Rate: 14

NEUROLOGIC

Mental Status: Awake and alert; oriented to person, place and time
III, IV, VI: EOM- intact (Cardinal gaze)
V: light touch face- facial sensation intact in all 3 divisions of V
VII: Wrinkle forehead, close eyes, show teeth- symmetry noted throughout.
VIII: Hearing- intact by rough testing
X: Cough- strong
XI: Shrug shoulders – strong bilaterally
XII: Protrude tongue- midline protrusion

HEENT

Head:

Configuration- normocephalic

Hair:

Fine texture, no parasites noted

Scalp:

No lesions, tenderness

Eyes:

Sclera: white

Conjunctiva: pink

Pupils:

Right - round and reacted to light, 3 mm diameter

Left - round and reacted to light, 3 mm diameter

Ears:

External ear

Right ear - no lesions, masses, tenderness, auditory canal – skin colored, small hairs, slight yellowish, brown earwax

Left ear - no lesions, masses, tenderness, auditory canal – skin colored, small hairs, slight yellowish, brown earwax

Nose:

Mucosa: color- pink, no discharge

Septum: midline

Throat and Mouth:

Teeth: present, no poor dentition noted
Tongue: color - pink, no lesions
Gums and mucosa: No swelling, bleeding, signs of infection

NECK

Active ROM: flexion, extension, lateral rotation and tilting
Trachea: Midline, mobile
No palpable lymph nodes
Carotid pulses: 2+ bilaterally, regular rate

THORAX and BACK

Inspection: Symmetrical expansion with respiration, no scars or striae; spinal
Curvature centered and slight S curve, no deformities

LUNGS

Auscultation: Clear with soft low pitch vesicular breath sounds

HEART

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

ABDOMEN

Inspection: Flat, no scars, no striae
Auscultation: Normoactive bowel sounds, no bruits
Palpation: No tenderness, masses, guarding

EXTREMITIES

Upper

Nails: No cyanosis, clubbing
Muscles: firm and defined
Joints: full ROM, no deformities
Wrists: full flexion and extension
Elbows: full flexion and extension
Radial pulses: 2+ bilaterally and equal

Lower

Nails: No cyanosis, clubbing
Muscles: firm and defined
Joints: full ROM, no deformities
Ankles: full flexion and extension,
Knees: full flexion and extension
Pedal Pulses: 2+ bilaterally and equal

SKIN

No lesions, normal color for race, turgor - good, no tenting noted

COORDINATION

Gait and balance: steady
Finger to nose: coordinate
Rapid finger: coordinated
Tandem walking: steady
Romberg: negative