

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. Interacts appropriately with staff. Spouse is present.

VITALS

Temperature: 37.3° C (tympanic)

Blood Pressure: 152/102 (long adult cuff)

Heart Rate by radial pulse palpation: 98 and irregular, apical rate: 110 and irregular

Respiration Rate: 26, short of breath

NEUROLOGIC

Mental status: Awake and alert, oriented to person, place, and date, complaining of lightheadedness, difficulty answering questions

HEENT

Head: Configuration- normocephalic

Hair: Coarse texture

Scalp: No lesions, tenderness

Eyes: Sclera - white; conjunctiva - pink

Pupils: Right and Left - react to light, equal, round, 3 mm diameter

Ears: External ear - no lesions, masses, tenderness; auditory canal - no redness or slight yellowish cerumen noted.

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

Throat and Mouth: Oral mucosa: bluish tint and moist; teeth: present, good dentition; tongue: no lesions, pink and moist; gums and oral mucosa: no swelling, bleeding, no signs of infection

NECK

Active ROM: full 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; S 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 - O2 at 2 L/minute

HEART

Auscultation: S1 and S2 heard in all 4 locations, S4 noted: atrial gallop

ABDOMEN

Inspection: Flat, no scars, no striae

Auscultation: normoactive bowel sounds in all 4 quadrants, 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

Dry, warm, intact, no lesions, normal color for race, pallor noted around patient's mouth